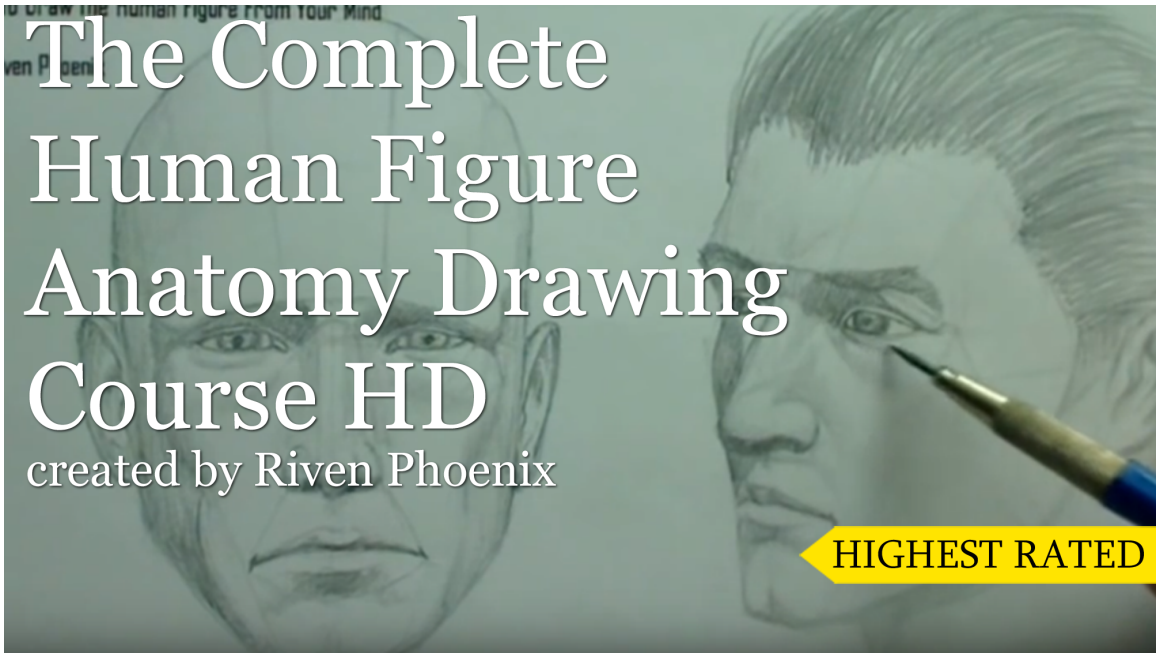

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 156 - The Muscles of the Hand - Part 1

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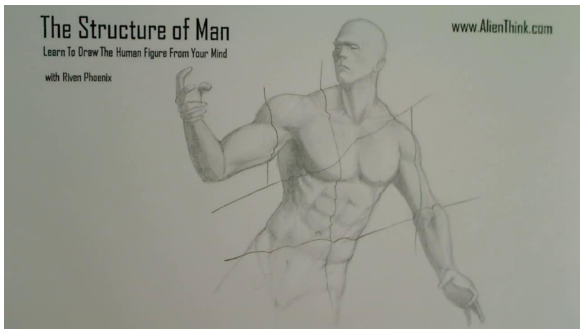
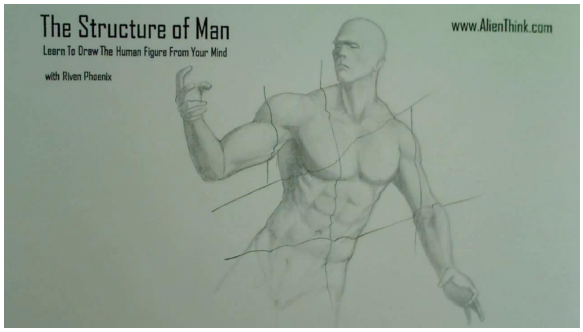
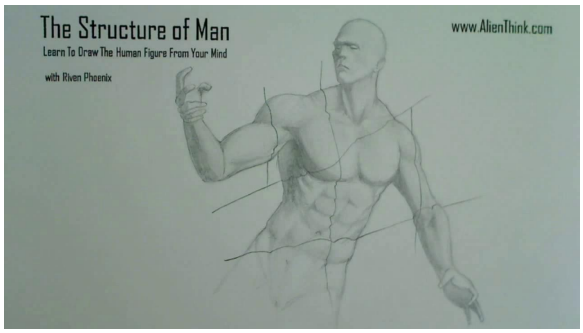
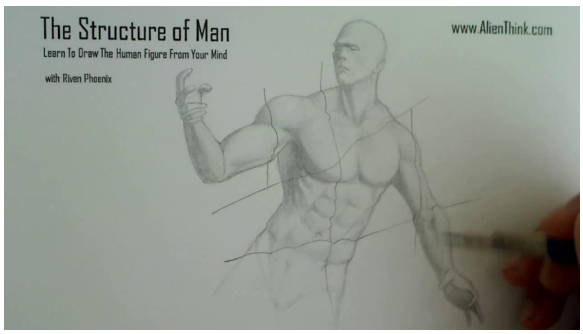
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw
2		the human figure from your mind training course.
3		Okay, so in the previous lesson, we've basically here reached a milestone showing that we understand
4		how the four arms work.

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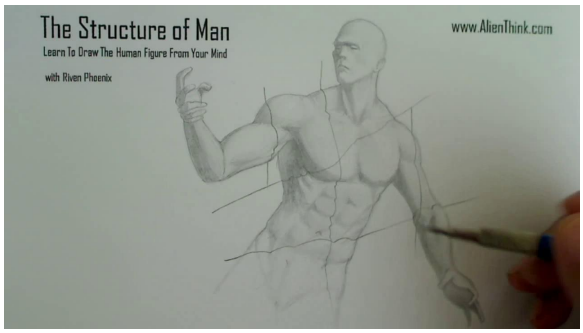
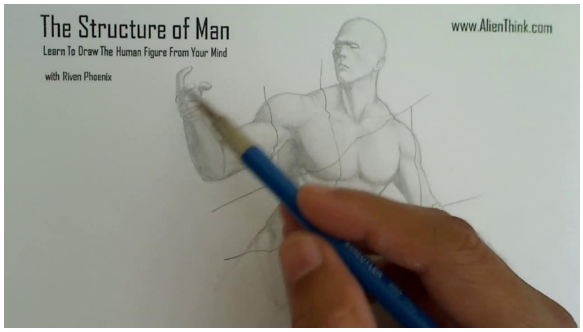
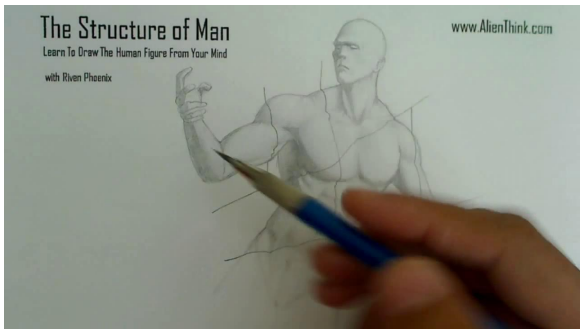
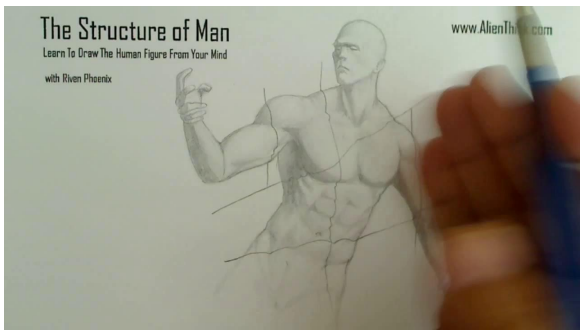
5		Right, so now we're going to start to move on into the area of the hands where you can
6		see we just left our hands really, really basic here, but once we go through the lessons
7		you'll understand how to draw out the hands, right, so we're purposely leading out the
8		parts of the body that we really don't want the mind to pay attention to.

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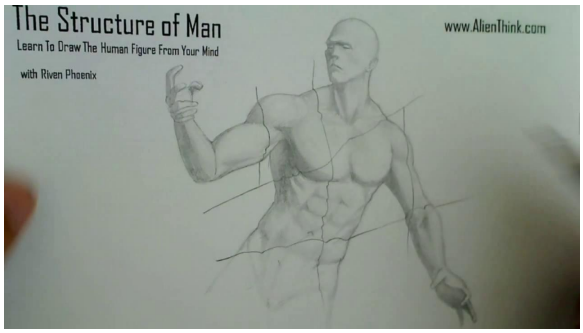
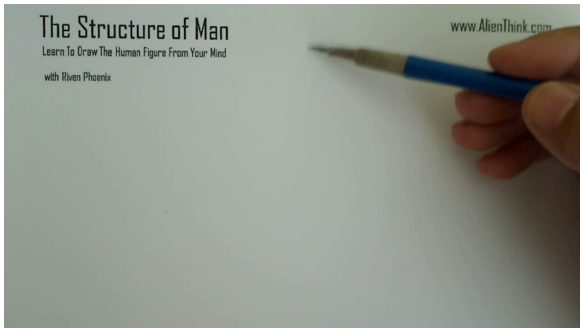
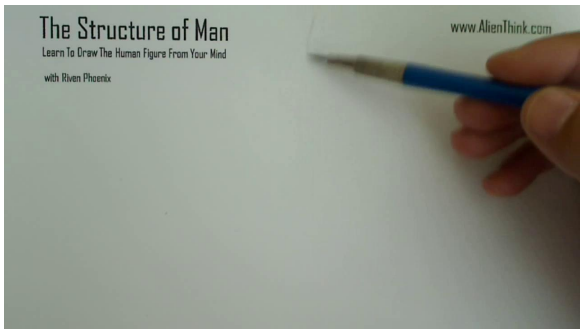
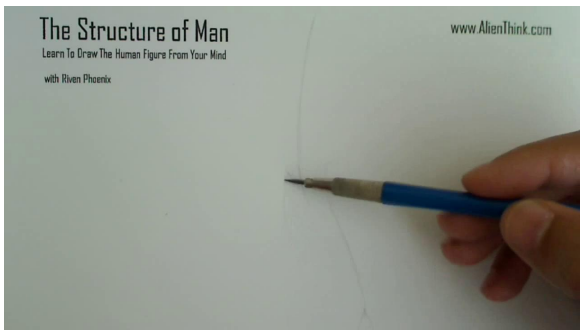
9		So now we actually need to close up this section here by doing our test drawing that we
10		always do, right.
11		So here I'm just going to draw out this, say, this figure here and everything, your
12		ability to draw out the figure should just be becoming much more comfortable because

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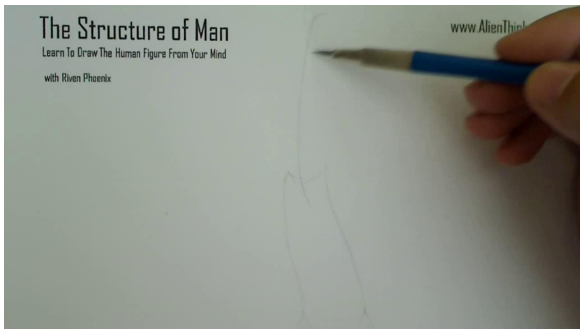
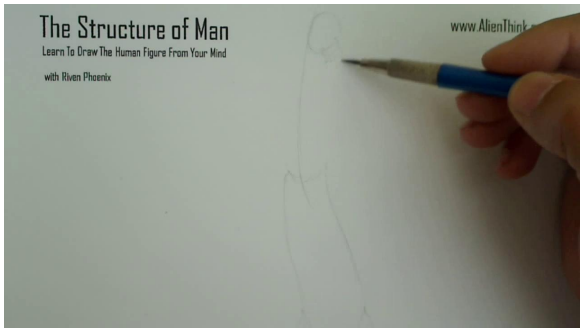
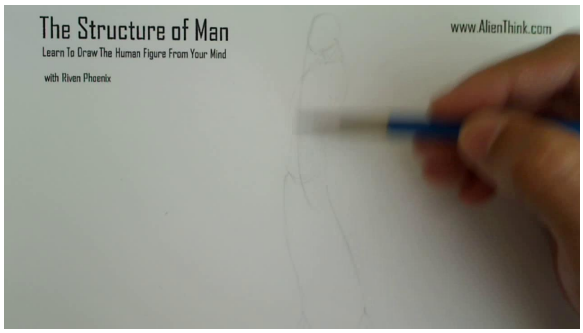
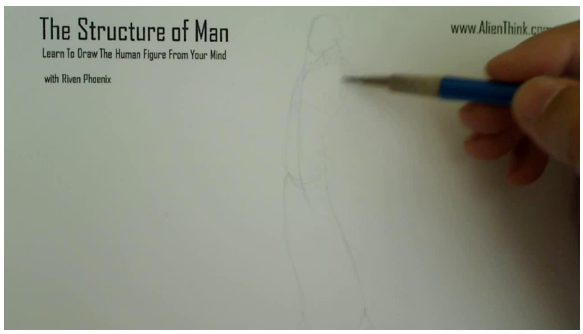
13		it's just a very easy concept, right, so here I'm just going to again just fiddle around
14		with some ideas, right, and then over here we can just fiddle around with some ideas
15		just like this, even use, start using the idea of the blob a little bit to start to see
16		okay, well this is how I really want to do it over here, at least like this and then

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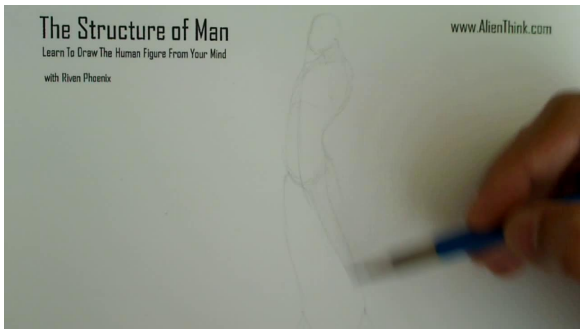
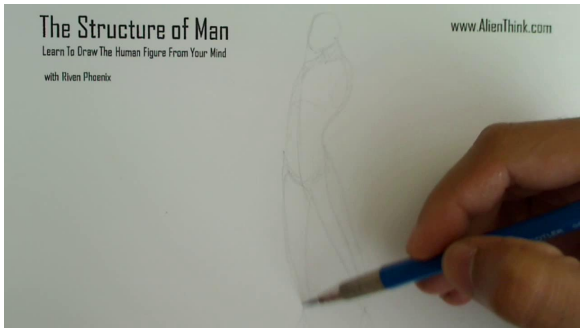
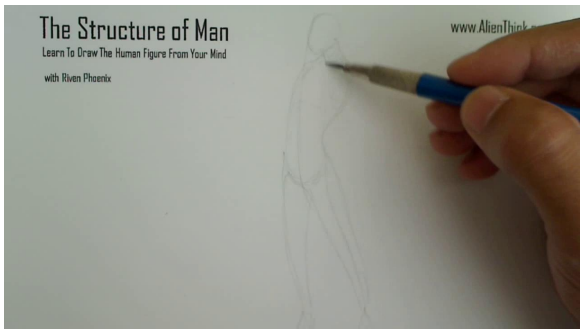
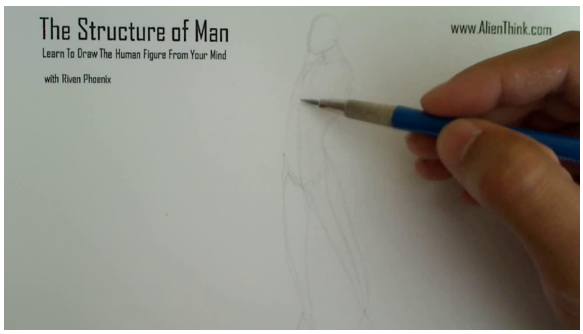
17		use that as a much more faster way to put the figure down, right, so the basic shapes
18		can just come in after the fact, right, so you can see how fast we were able to do that,
19		right, so then once we have this, you can just say that okay, now let me think about my
20		basic shapes here, I got the top over here, the top over here, and let me just make sure

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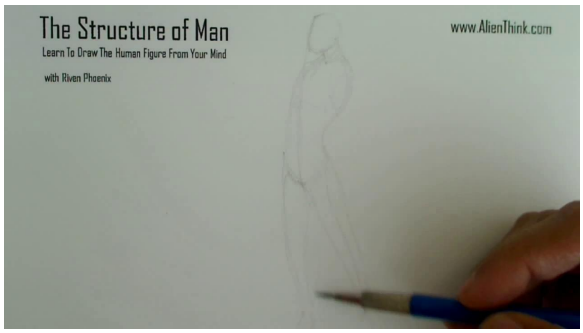
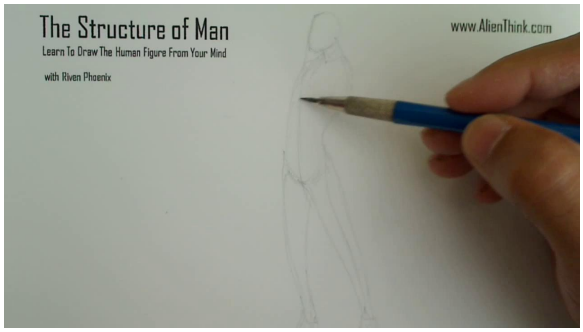
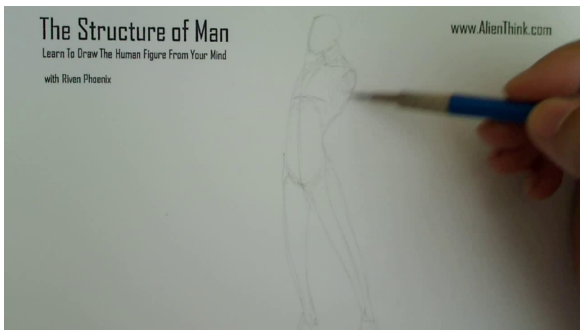
21		that I'm coming in of down for the fee, right, at least take the time to measure it out,
22		and then here basically where my chest heavily is going to be over here, right, it's just
23		going to be pretty simple stuff, and over here we already know how this section is going
24		to work, I'm just going to play around with some of the ideas a bit, right, and now really

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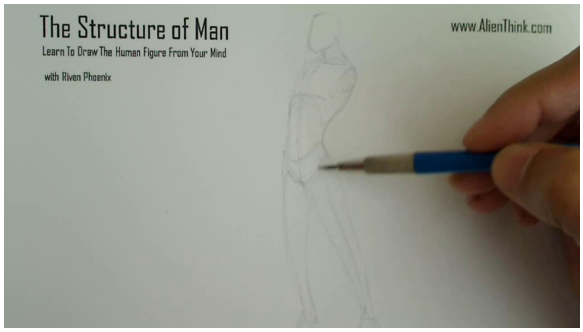
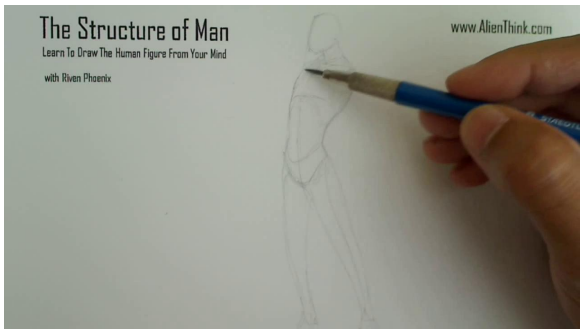
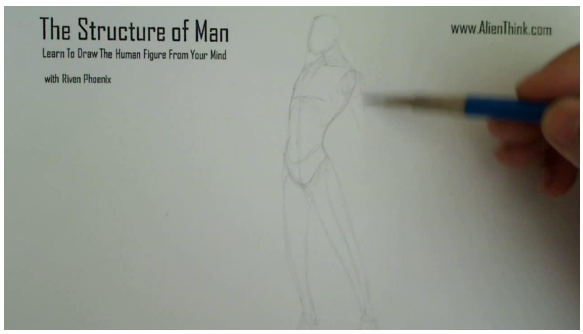
25		get, start getting the mind used to these concepts that we've been working with, right,
26		so you can see that we pretty much figured out the whole upper body, right, we're making
27		a tremendous amount of progress in how this is going to be done, right, and here we can
28		just simply draw out the figure, right, so you can use the full toolkit that we've been

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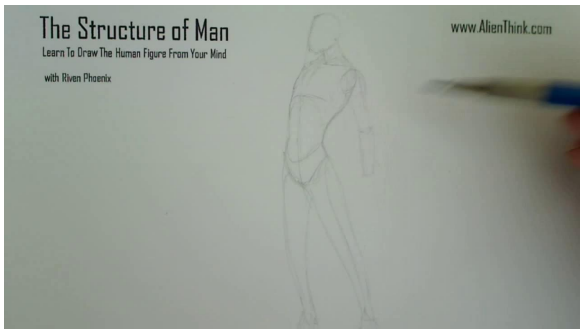
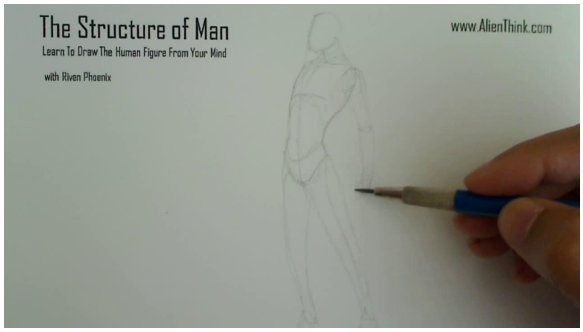
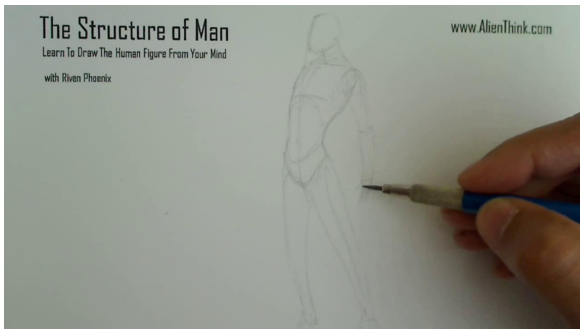
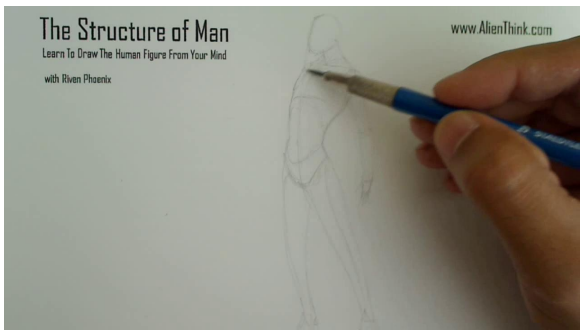
29		working on also if you want to, and we'll look at different ways of drawing out the figure
30		as I said in the separate lessons, right, so when you're drawing at the hand it should be
31		very familiar as to how the ratio system works in the hand, so we're just being very simple
32		with that idea right now, right, so here I'm just going to just say that okay, about here

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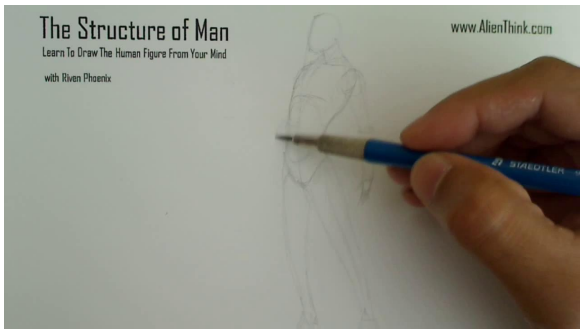
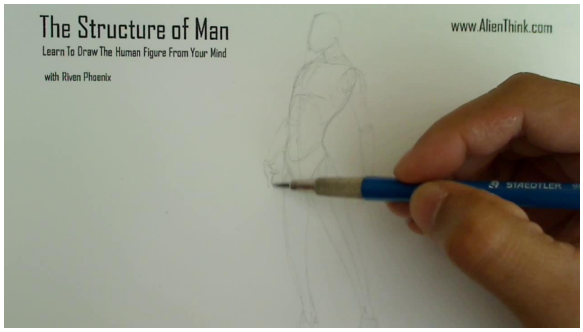
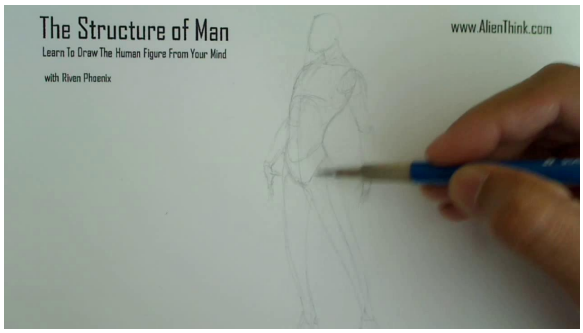
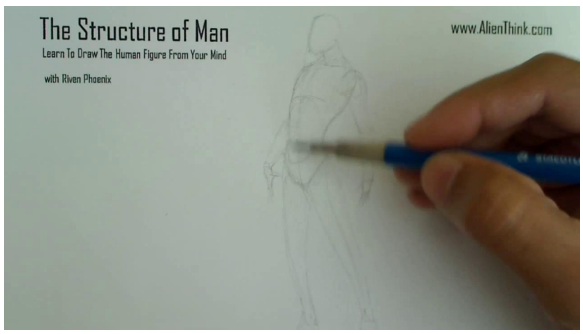
33		I'm going to do this hand like this, and then make this guy just come like this over here,
34		right, and that's it, we just got the hand done, okay, so once we got the basic shape
35		down over here, I'm just going to make sure, right, so when I come here I just want to make
36		sure, look, where really is the pelvis system pointing, figure that out first, and just feel

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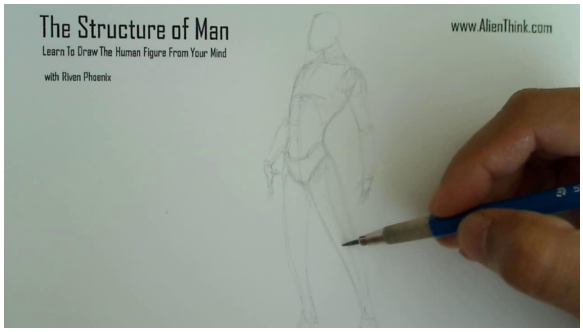
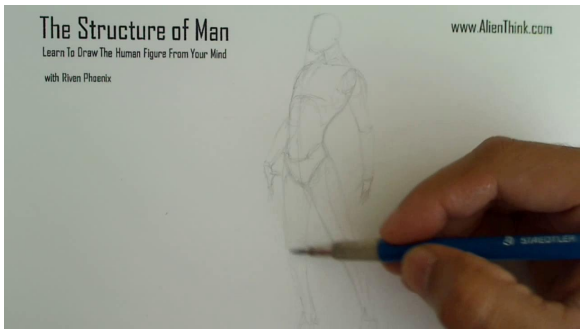
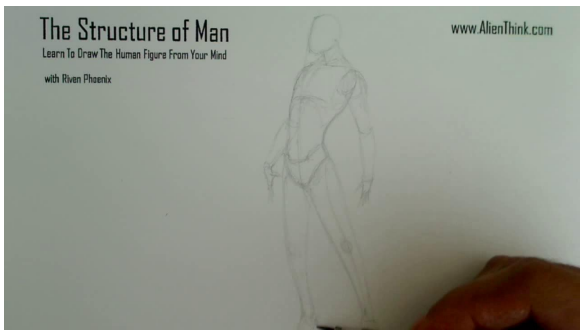
37		your way through it step by step, and over here I'm just going to say that okay, well, his
38		knees are really going to be kind of about here, I'm going to say, okay, then over here I'm
39		going to say it's going to be above that line, so I'll do his knees like this, right, and then we
40		could fix all that step up later, right, so you can see that really just remember that when the

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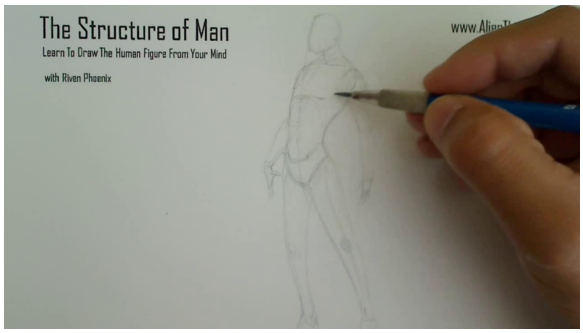
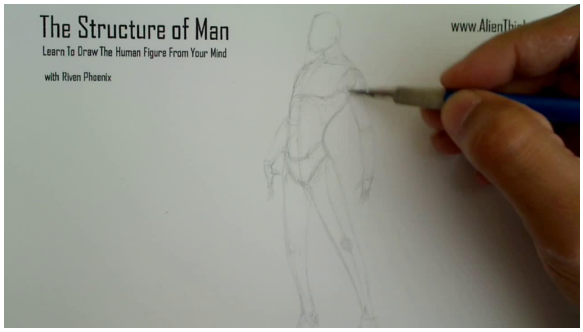
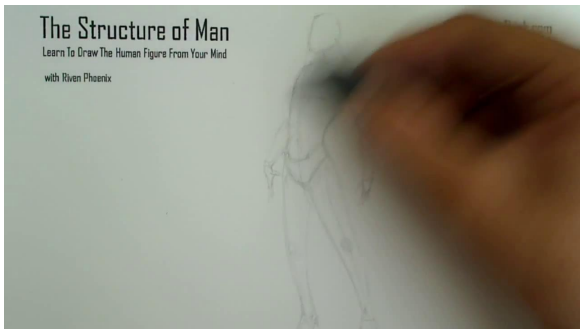
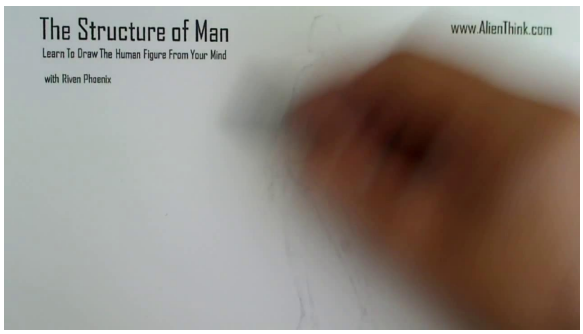
41		chest cavity is here we know that right, it really is going to go more up this way, and then you're
42		going to get the bison just like this, right, so now once this is more of a stylized way of drawing,
43		I'm just showing you all the different ways you don't have to always do realistic stuff,
44		right, so the stylized drawing still just shows you all the different character variations you'll get,

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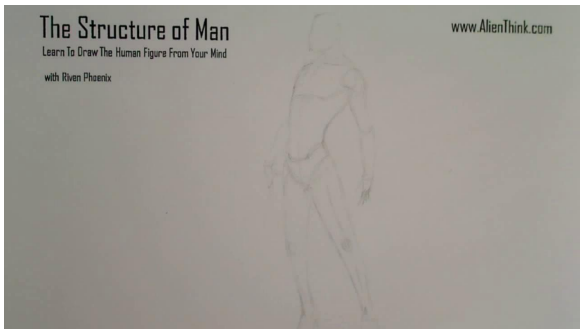
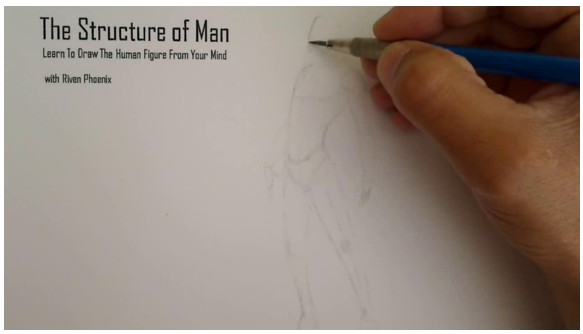
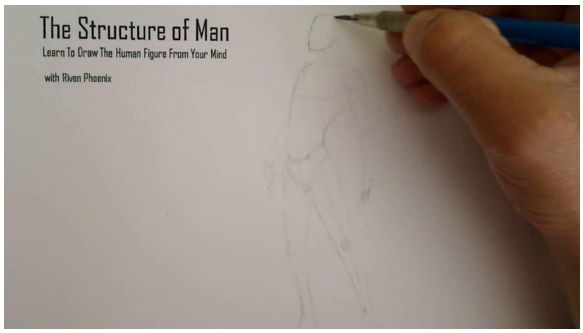
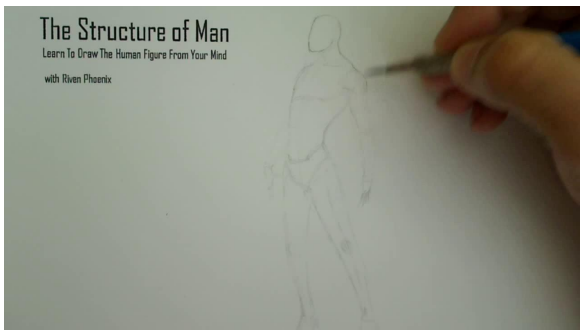
45		okay, so here we now can see the analyses in the back, let's start to just figure out some of the
46		basic stuff again, just really think about all the basic shapes first and making sure
47		that we've got this guy looking the way we want him to, right, so I'm just going to
48		then do the deltoid over here, now the cool thing is that now when we draw this character will be

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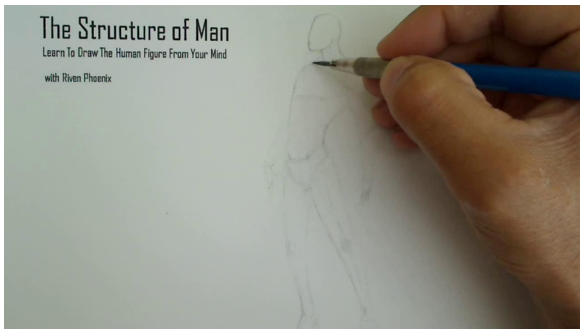
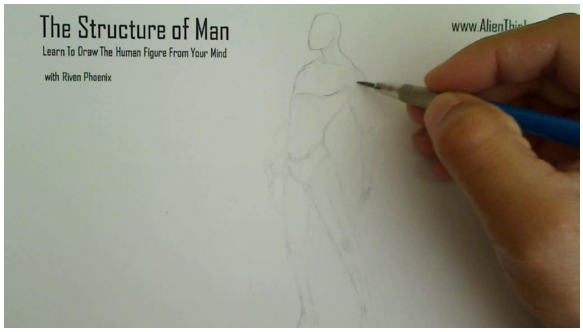
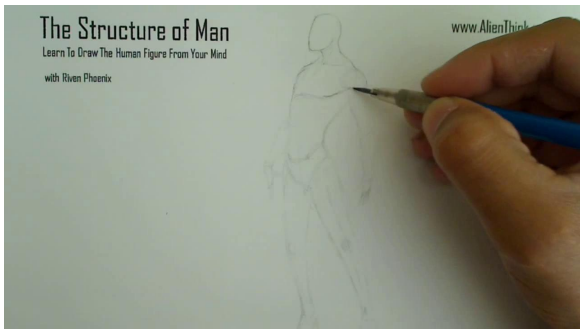
49		drawing out with his four arms, right, so here when we do the the pec muscle right, we already know
50		right, it's just going to go off, then you're going to have a connection over here, and obviously
51		a little bit have to come out, then here we can just get the bison, right, and then we can think about
52		the bison idea here a little more, and then we already know how this connection is going to be,

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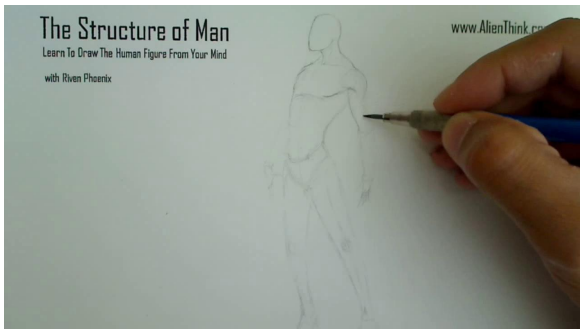
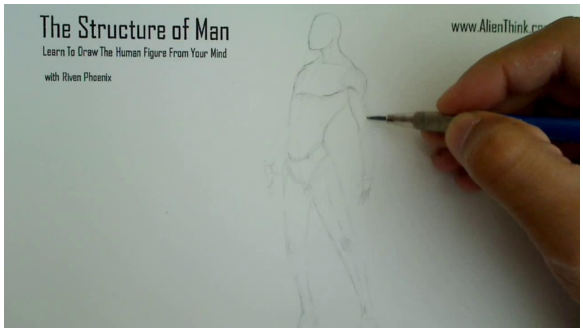
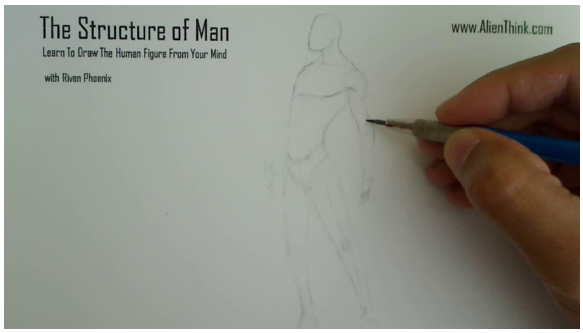
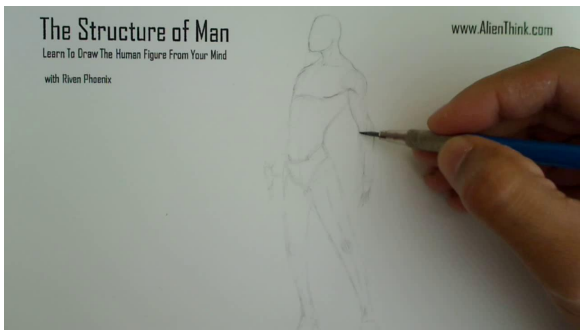
53		it's going to be more along the bison, you don't have to draw out every line, just think about the
54		whole system, right, how we understood this, and then you know the right six and seven really are
55		going to just go in this direction over here, right, we know that that's where they're going to go,
56		and then we know that number five is going to come over here, right, and then we're going to get

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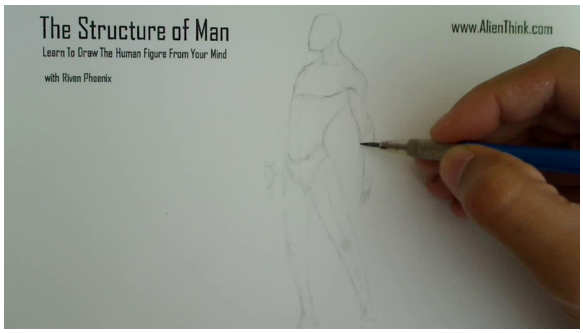
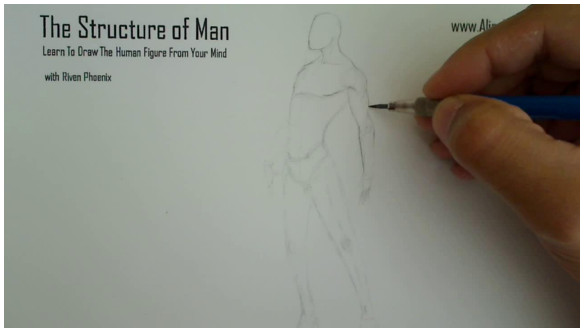
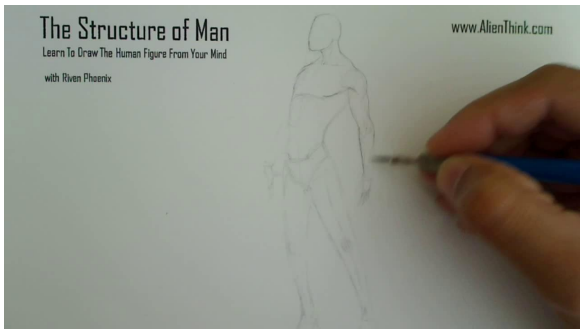
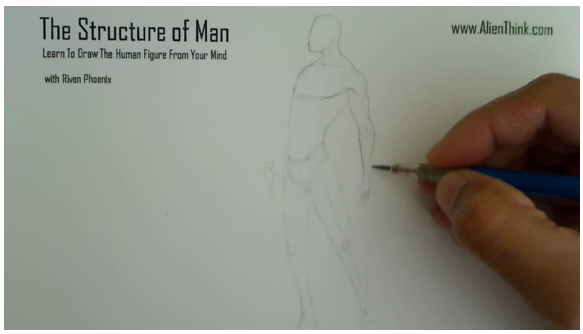
57		one and two, but basically that's it, and this will give us the beginnings of the four arms,
58		and then over here we'll get like the tricep, right, and then when this comes here,
59		over here we already know that you're going to get those lines, I mean you don't have to draw
60		everything out here, I'm just showing you to visually understand, I'm going to get muscle c,

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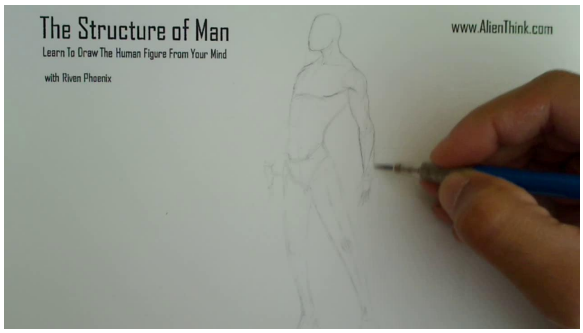
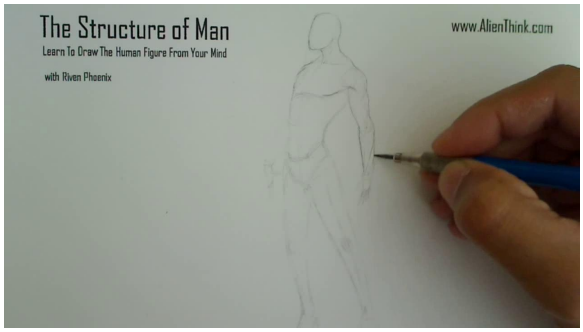
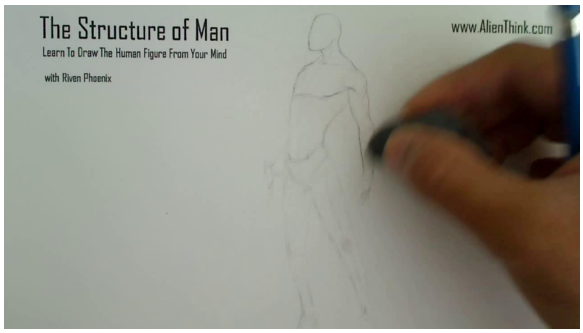
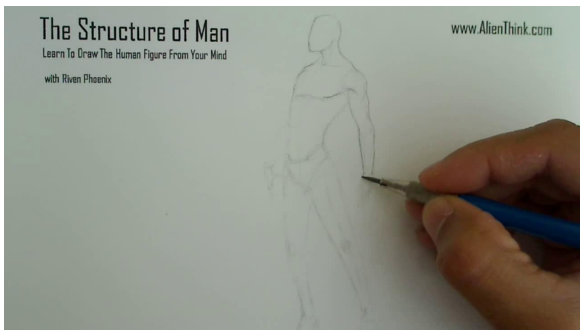
61		and then obviously we're going to get b and d's over here, e and f, and that's about it,
62		right, and then you can just get that idea going and then start to erase some of these lines here
63		just to get the shape right, right, and then over here just work, you can thin up his wrist,
64		then over here we'll just draw out his hand, just like this, right, we'll just say that this is

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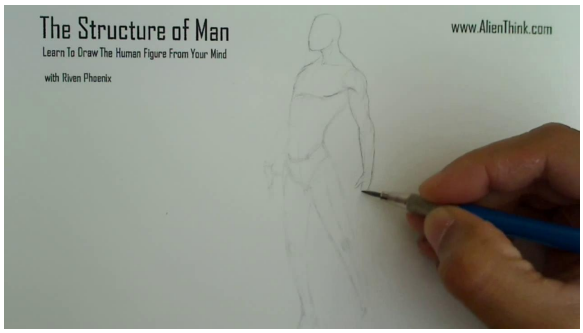
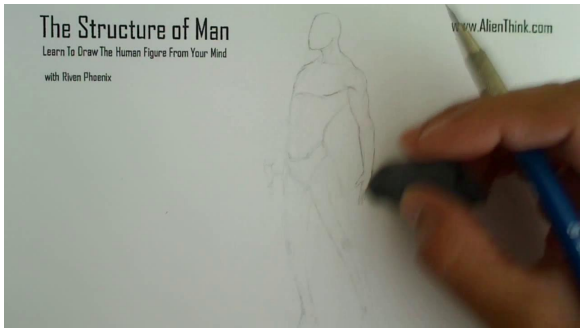
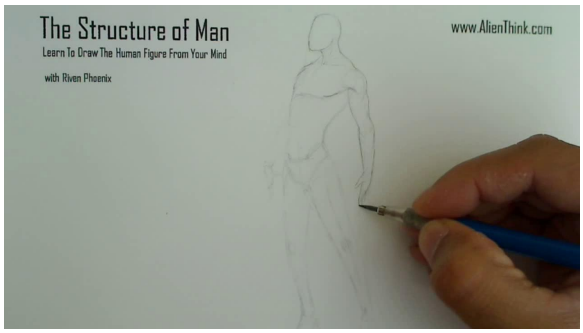
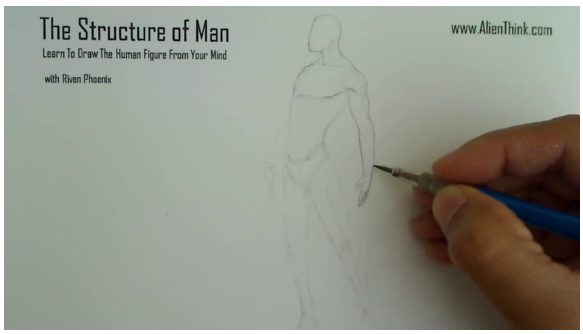
65		how his hand is going to be for now, right, just keep the hand kind of simple, just look at your hand
66		for now, let me, I don't want to, when we actually look at the system of drawing the hand, it'll make
67		sense to how we should really be drawing the hands out, right, but it's really going to be the
68		same system that I'm showing you here, right, really more of a blob, blob way of looking at it,

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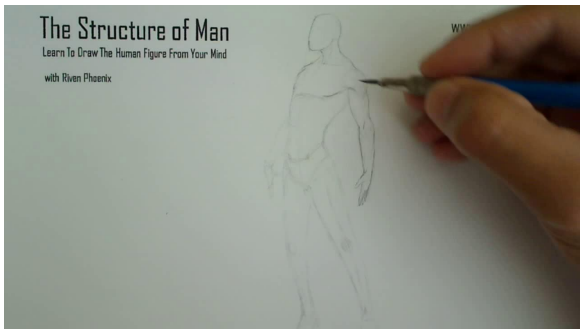
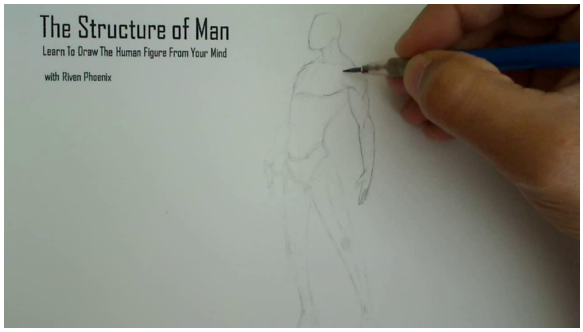
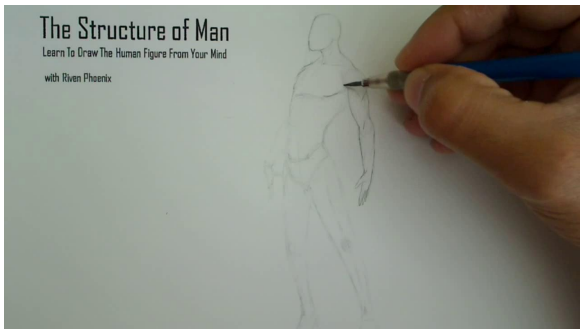
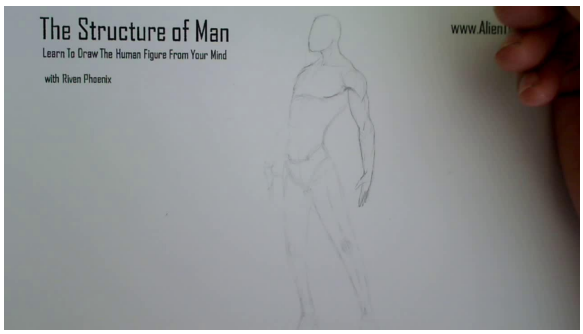
69		okay, so here we can now, now we understand what's going on here, right, you don't have to show every line,
70		but again just, just understanding what is going on, so here we know that right,
71		over here, I'm obviously going to get more of a darkish area over here, right, it has to be like this,
72		at least, right, how the whole connection system is going to work here, because you gotta think about

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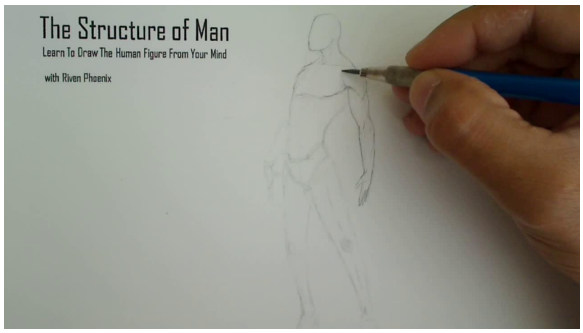
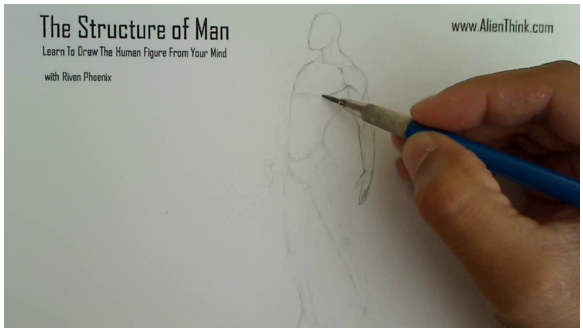
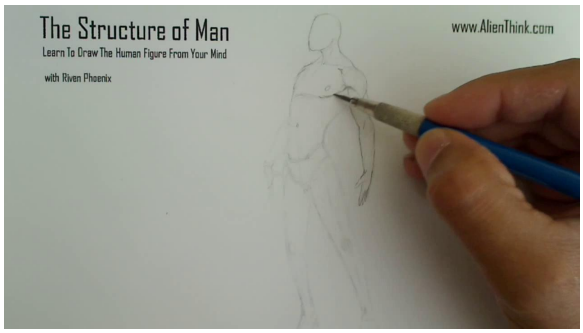
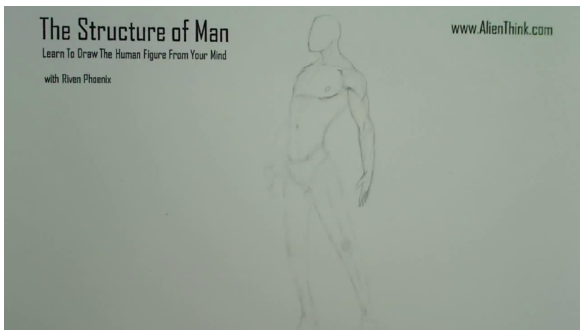
73		that, right, how do you want to do this, right, so we got, we know that over here, right,
74		this over here, see, here is going to be my navel, and I know that okay, the, his nipples are just
75		going to be like this, and here I'm just going to go up a bit and come like this, right, so this will
76		get me enough room here to start to put this idea in, just like this, right, and then here,

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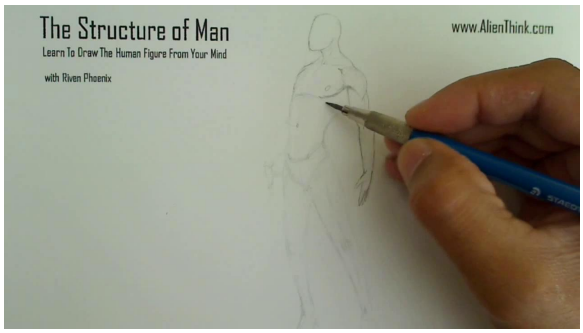
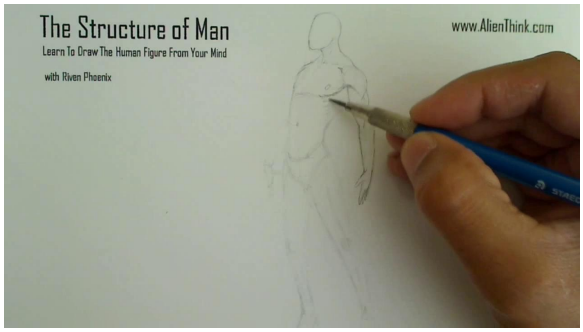
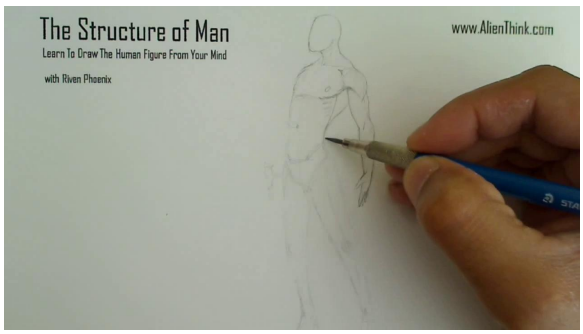
77		we already know that this is going to be six, seven, eight, nine, ten, right, and we already know
78		the idea for this, right, I'm going to get a little bit of this line, I'm going to get the door
79		side muscle, who's really wrapping around here, now he just goes in the back, right, and then I'm
80		going to get my love handles, right, and then it's just going to, the love handles are going to be

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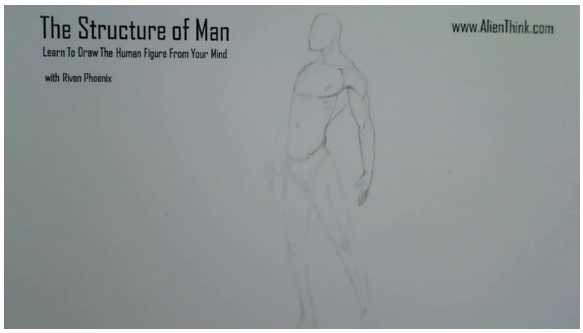
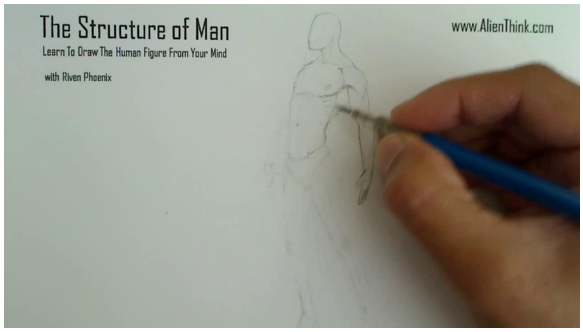
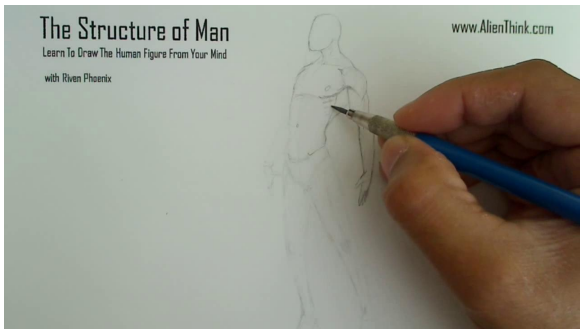
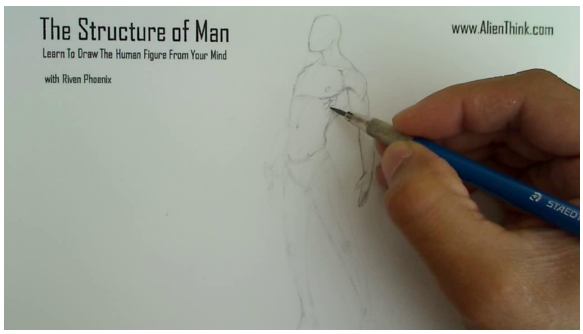
81		like this, and all of this can be adjusted, right, if you want to do this a little more, you can say
82		that okay, the love handles are here, let me think about this, I know that okay, these are the,
83		the, the ribs going in this way, so here I'm going to get my, my six,
84		and then over here I'm going to get roughly about four or five of these guys, right, the oblique

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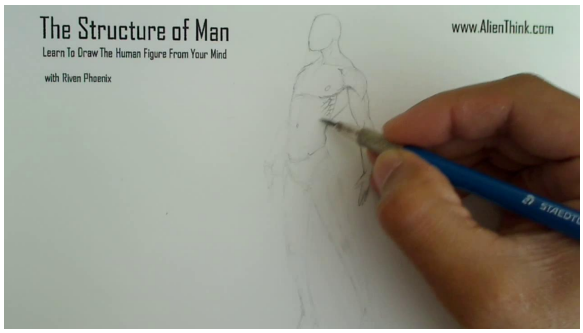
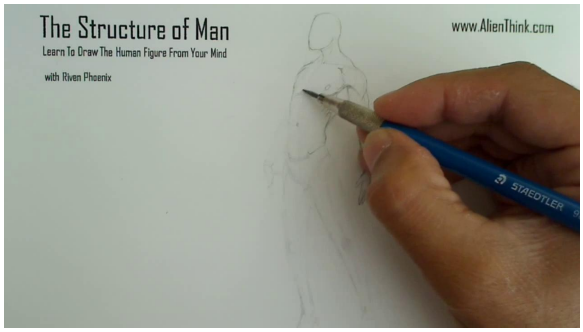
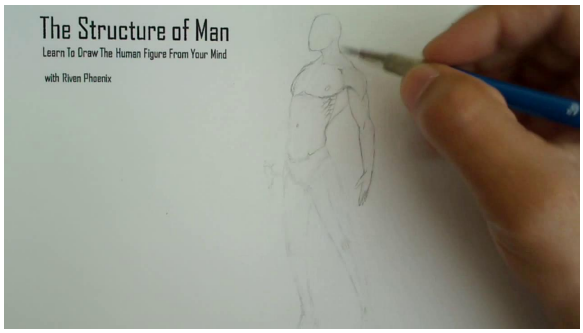
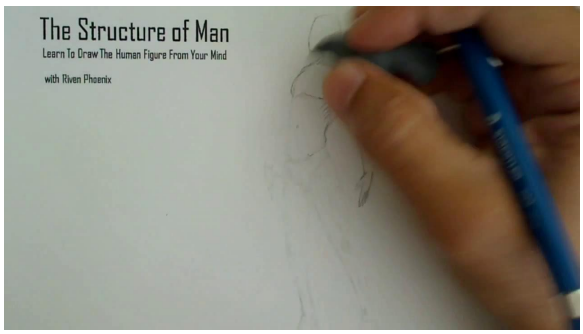
85		muscles, here I'm just drawing everything out as you can confirm, right, we're both confirming
86		on each other's side that, right, how the mind is processing this information is making sense,
87		right, so here the clavicle and gain is just those same lines just repeating themselves,
88		we say you can see how the, the figure is starting to become more and more realistic,

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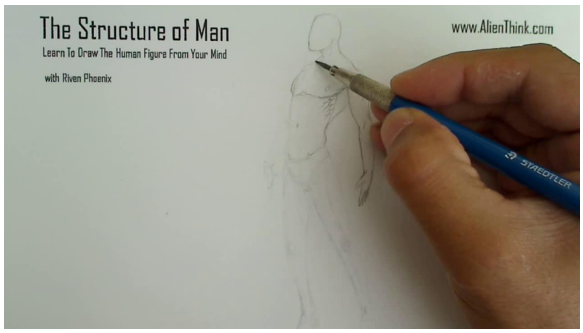
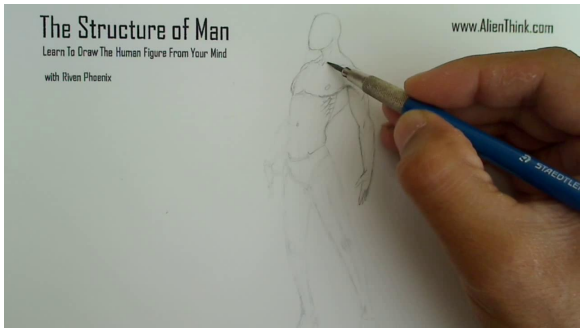
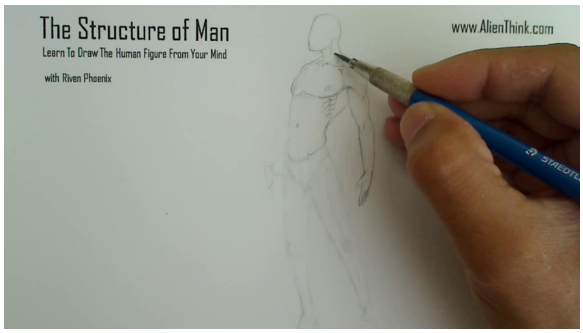
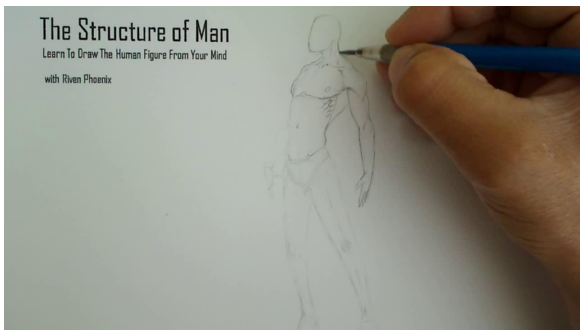
89		as we move along through this process, in this course, right, so here we can just simply make
90		this over here a little fantasy type of a character over here, and we know about how this muscle
91		system is working over here, we know that, right, this muscle really is just going to come this way,
92		it's going to go in the back over there, right, so here we can, if you want to, shade this in a

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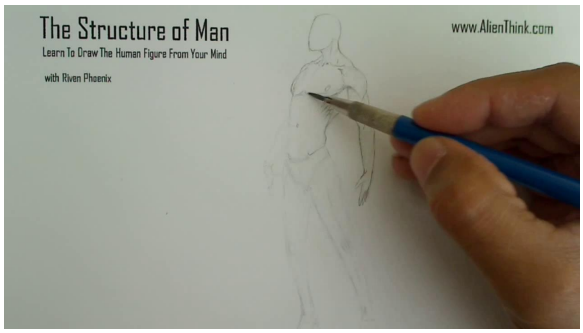
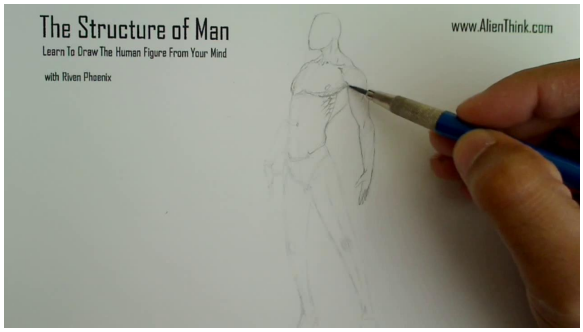
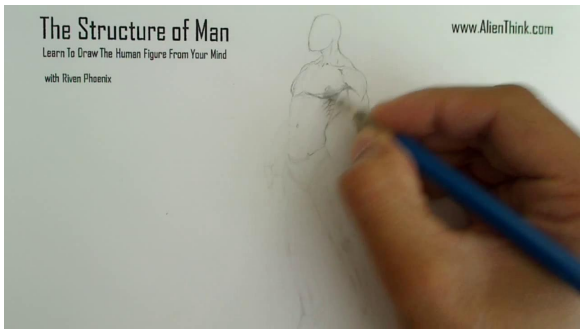
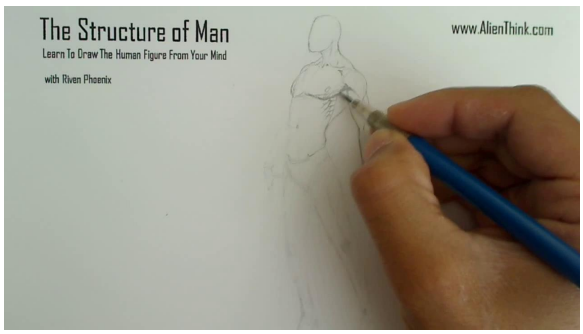
93		little bit, just, just to begin to understand some of these ideas here, right, you can come in more
94		if you want to, just like this over here, right, so when we did this line, right, we just need to
95		understand where this line is, and then just start to go up this way, right, so this section here
96		really is more like this, okay, so here I'm going to now just do the rest of this

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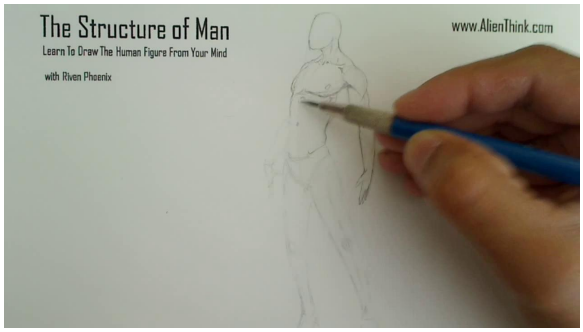
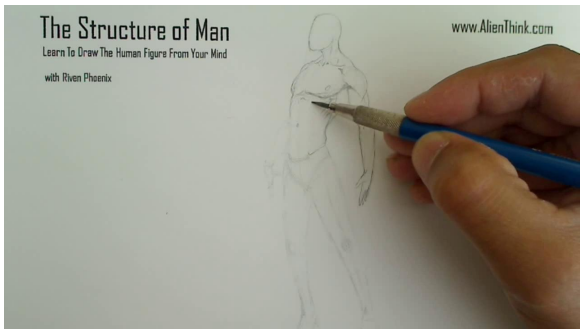
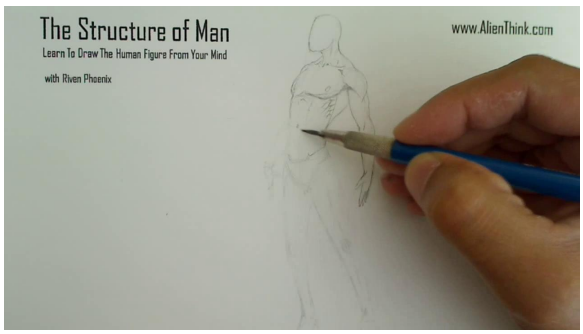
97		body over here, and now just use the line of understanding, right, I'm going to come down a
98		little bit, use the line of understanding to do my ass, right, so here, I'm going to, right,
99		I know that, okay, I'm going to get like this one ab over here, then I'm going to get
100		my line in two abs over here, just like this, right, so here I'm making the belly button kind,

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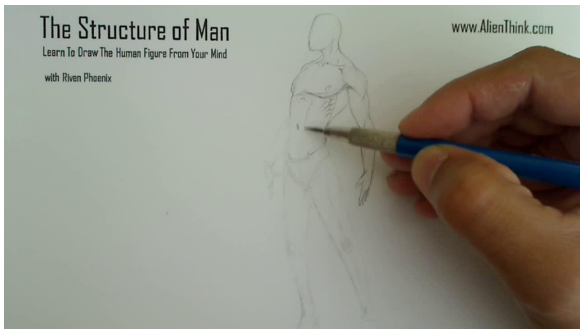
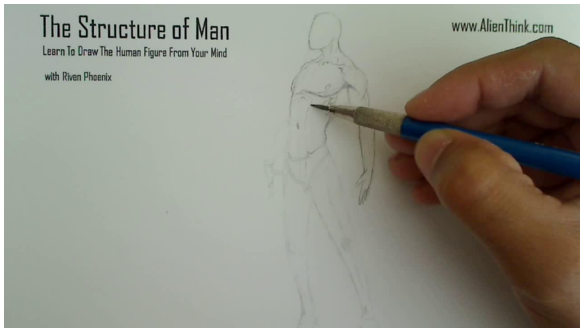
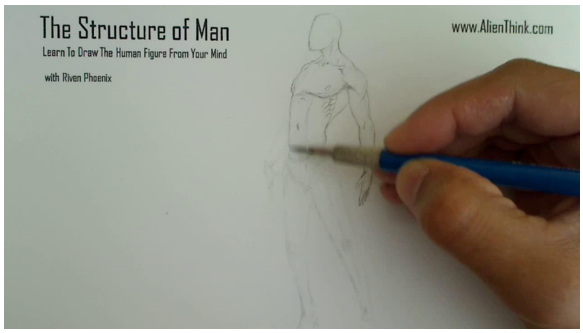
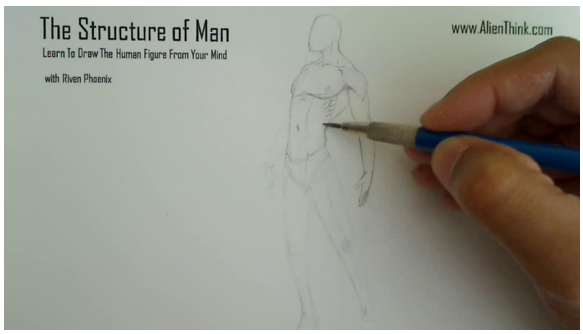
101		like this is more of a fantasy type of a character over here, and it's just going to be like this,
102		right, so it's really going to be coming out this way, right, so be kind of organic about it,
103		that's about it, and here we can just do the other side, so we know that right, this really
104		is more in like this, all of these guys are just going to be coming in, so this line really is meant to

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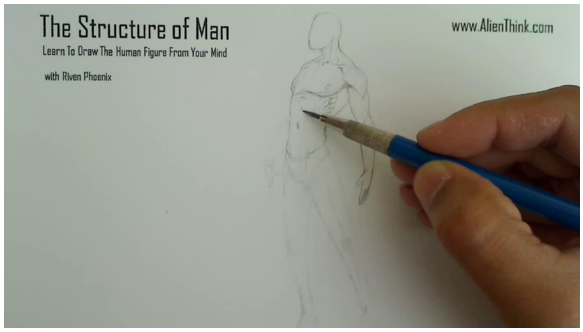
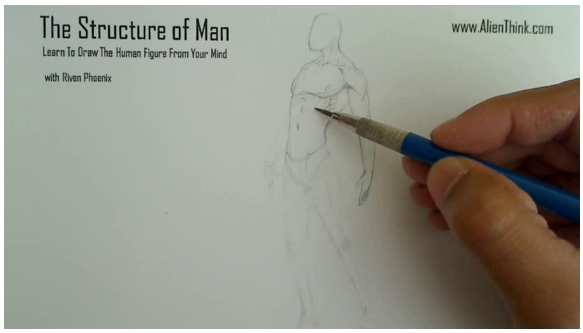
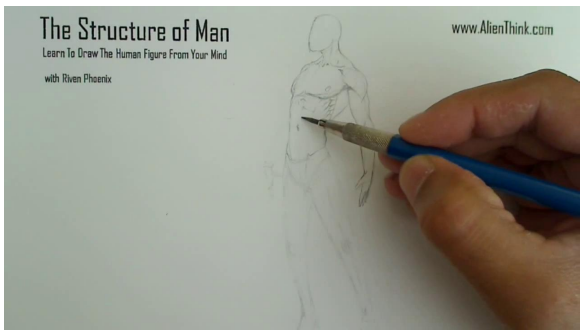
105		be like this over here, right, so you can start to just think about the abs a little bit, right,
106		okay, I want to do it this way a little bit, I really don't want to show too much over here,
107		so here I'm just going to do like a line over here for my first ad, right, it doesn't have to be
108		perfect, abs and two, and then you know that the other one is just going to be here like this,

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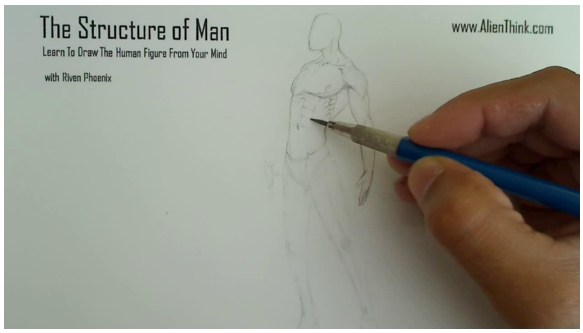
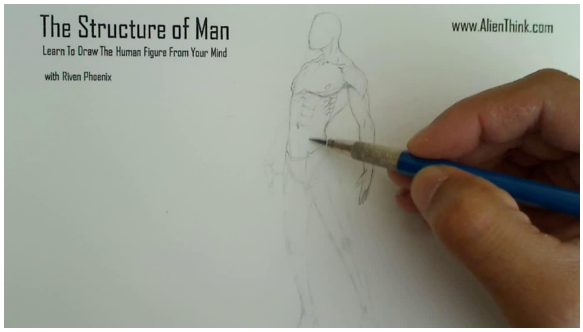
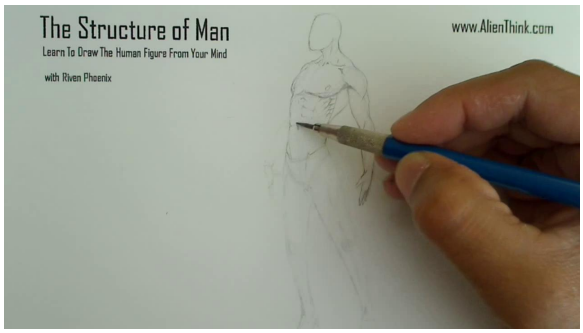
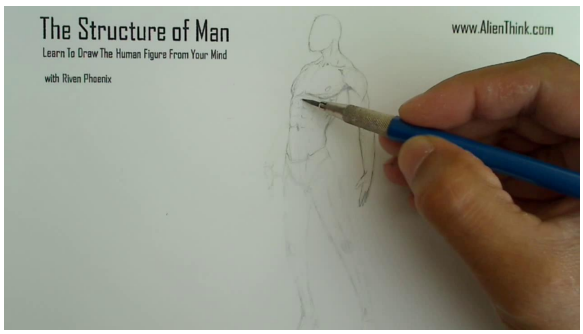
109		so here for now we'll just drop it in like this, just to confirm what we're seeing,
110		make sense, right, and over here you're just going to get more of a dip area in this section,
111		right, over here I'm going to get that guy over here, and then the other ad, right,
112		here I'm just messing around with some lines, okay, so here would be the x point here,

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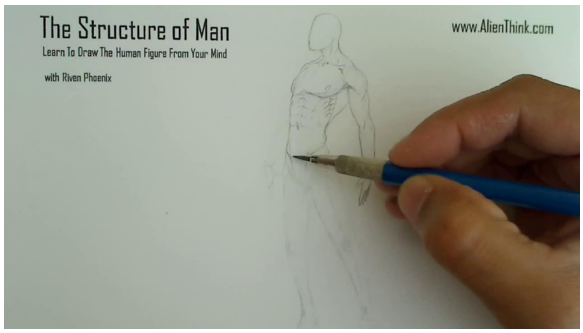
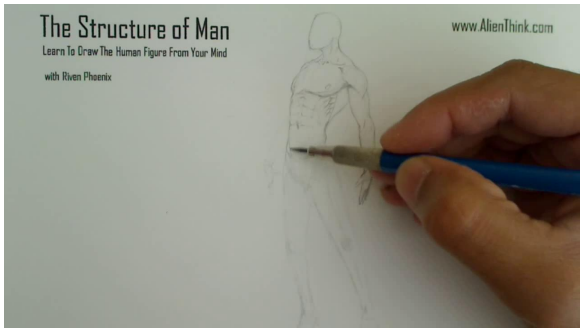
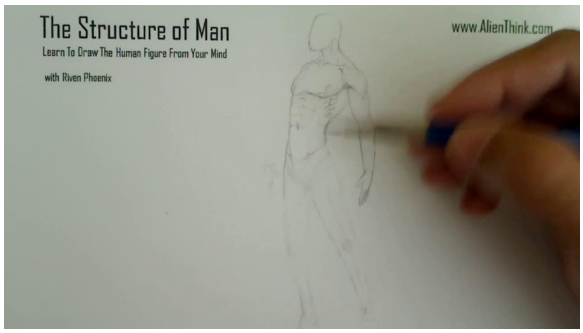
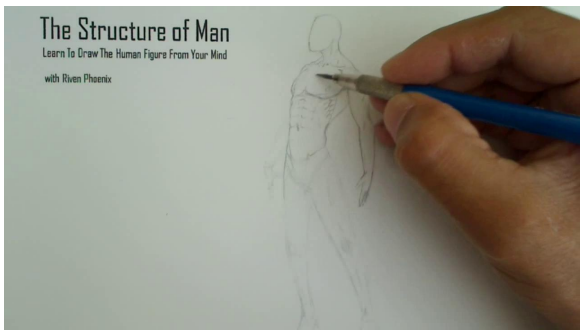
113		and then right you're going to get more of like your stomach area, so you can see that in this
114		more stylized way of drawing, right, the figure starts to become much more fantastic in the way it
115		looks, right, things are stretched out more, and realistic figures are really controlled more,
116		in how everything looks, right, he like has a little big over bigger chest area that I've given

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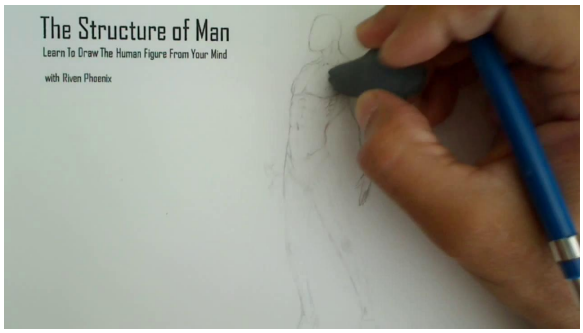
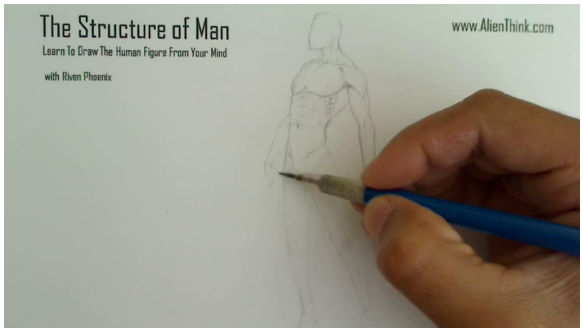
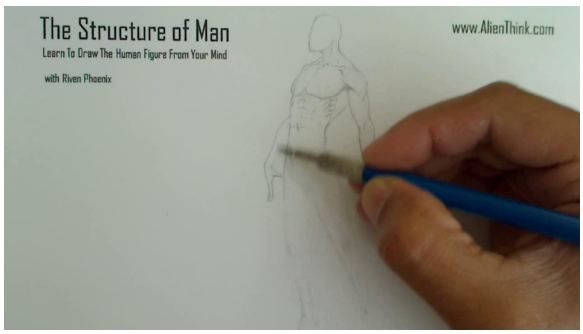
117		him a bigger chest over here, and here I'm just going to wrap this up, do the muscles here for the
118		forearm, here I'm just going to do the, let's just say that the thumb is just like this,
119		just quickly wrap this up over here, and then over here, we already know, right,
120		I'm going to get really over here, six and seven, you're going to do the same thing because they're

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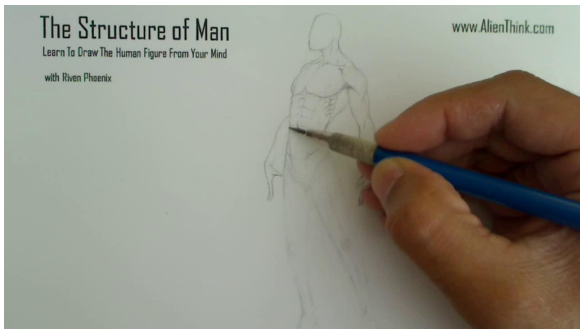
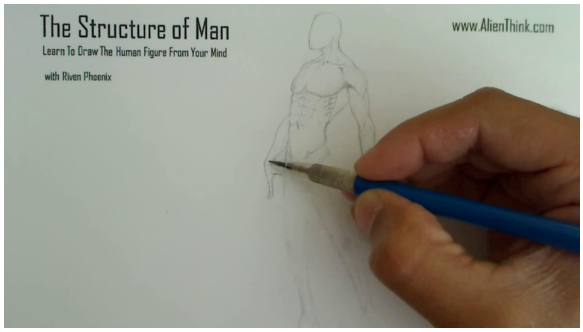
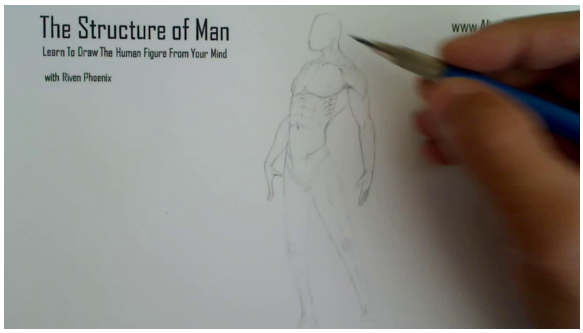
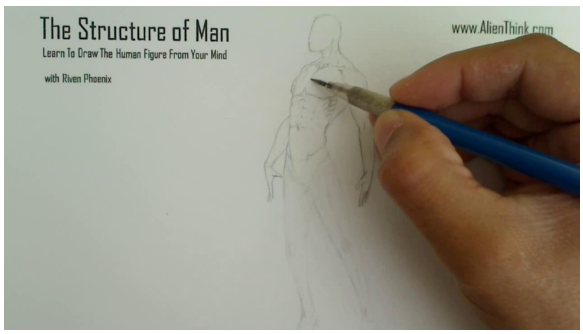
121		trying to come in, then everybody else, the other muscles are just going to be on that side,
122		and then you know that C is going to be over here, I just like we talked about,
123		over there, right, so you can like,
124		mess with this here, you can see that I, in the way the the proportions still worked out

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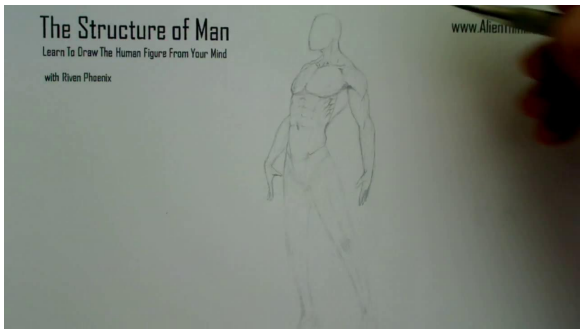
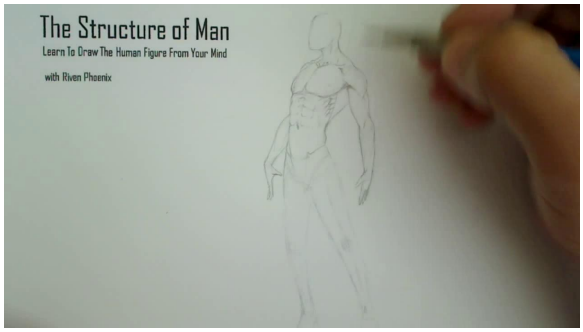
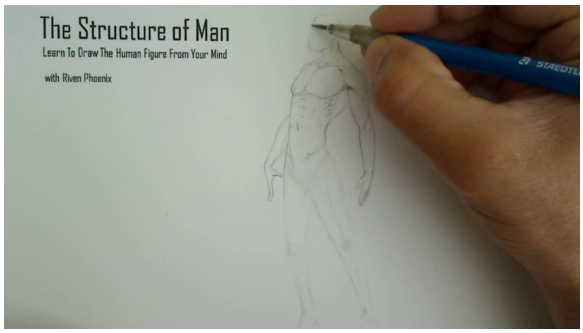
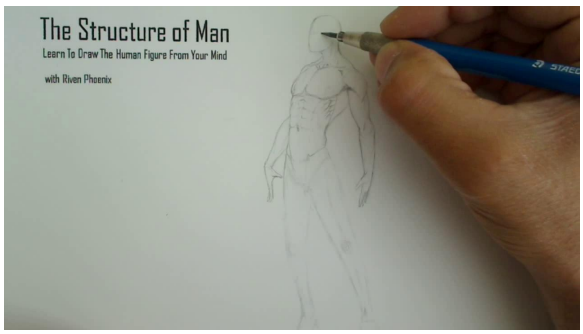
125		correctly, right, so here we're just going to, right, so in figure drawing, just know that that's
126		what you're going to see, sometimes you're going to see people with more bigger chest areas,
127		but the proportions are just going to be the same, right, so over here, just finish up this
128		guy over here, let's just say that okay, he's just going to have his eyes over here, like this,

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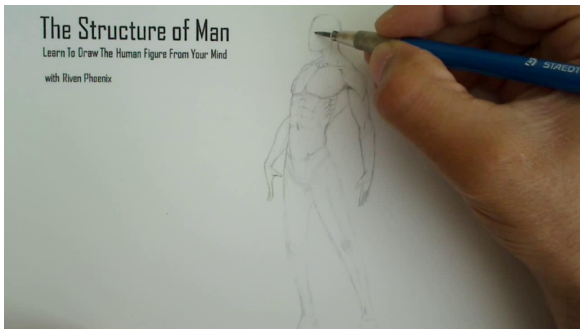
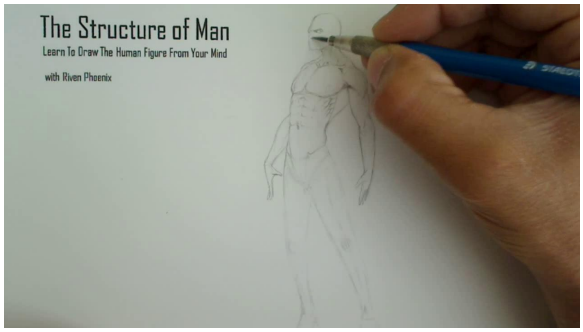
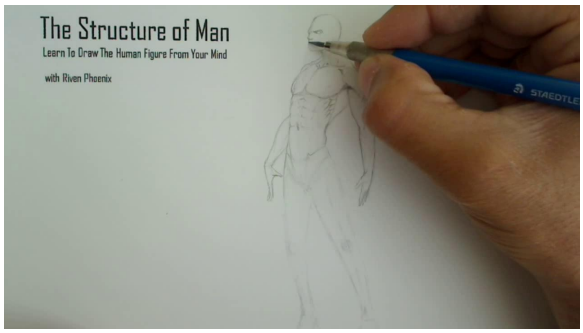
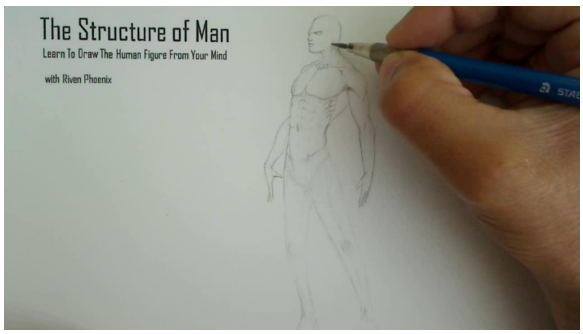
129		right, we're just going to shade him, give him his eyebrows, give him a temple over here,
130		and really for the nose,
131		and here for the mouth, I'm just going to keep everything simple here because these are really
132		a milestone drawings that we do to check what's going on in the mind, right,

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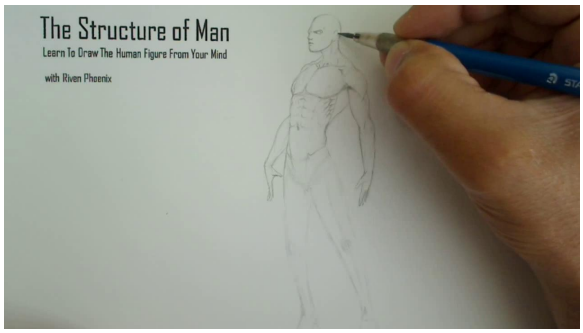
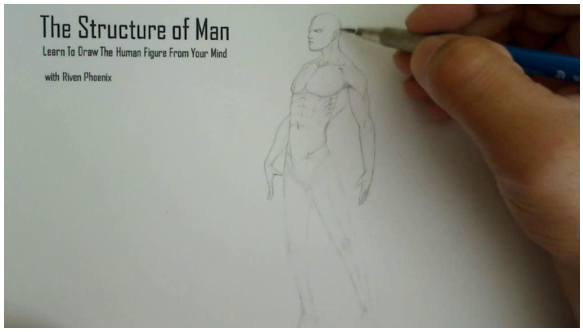
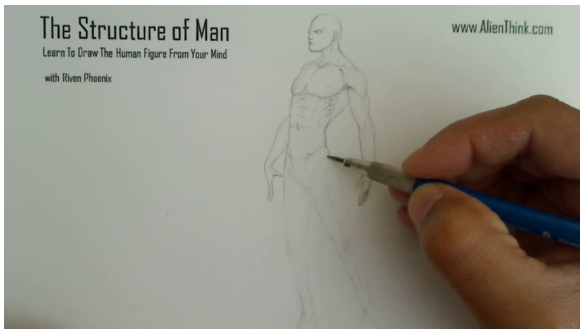
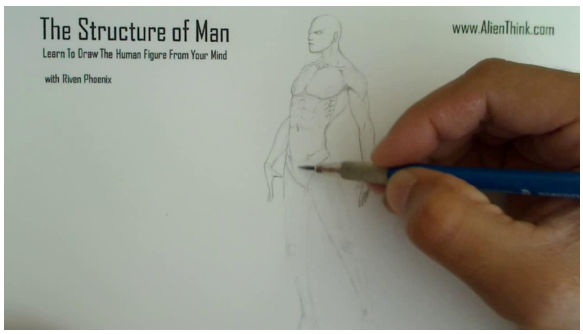
133		just like our measuring systems, see how much it has truly understood figure drawing, okay,
134		so here I can just keep going with this, so let's just finish up this end over here,
135		here's the the underwear system over here, and now when you do this, just start thinking about
136		this stuff in 3D, right, so this area here really is just going to go more down into the, the area

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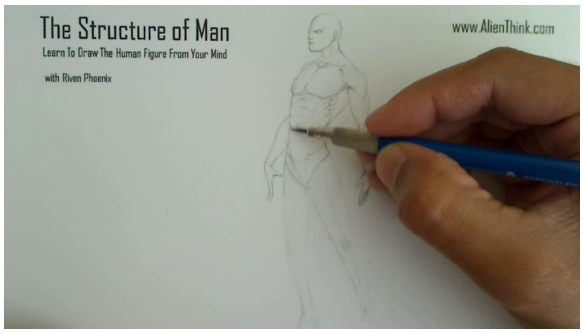
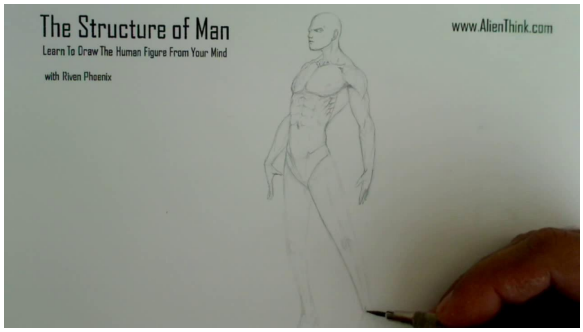
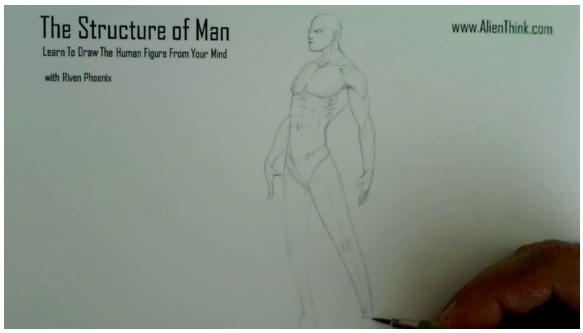
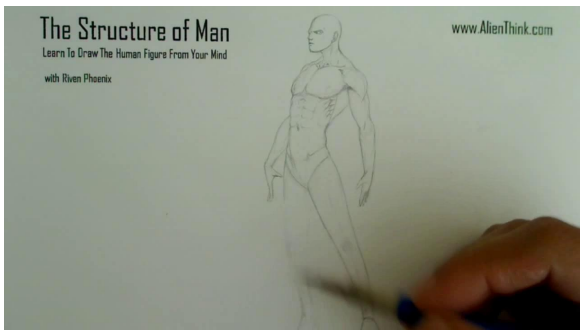
137		of the the the crotch over here, then over here I'm just going to do this leg like this,
138		you know, so be able to see that on camera,
139		here I'm just going to do it just like a simple shoe system,
140		okay, the same thing that we've been doing, so when you put this leg down, right,

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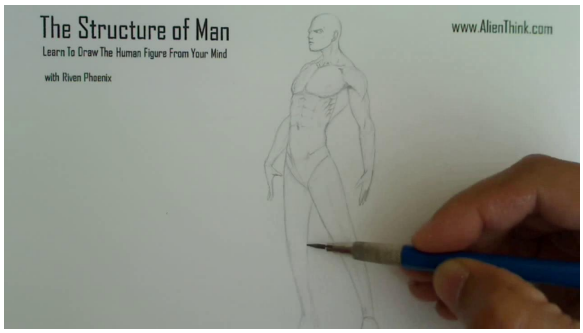
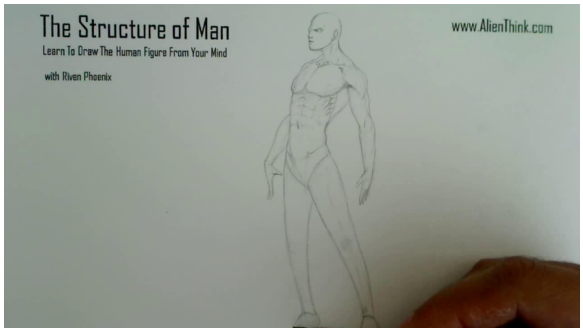
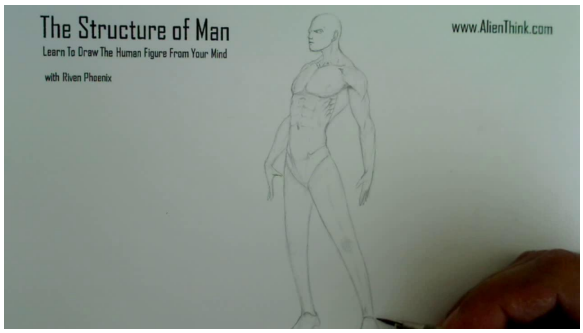
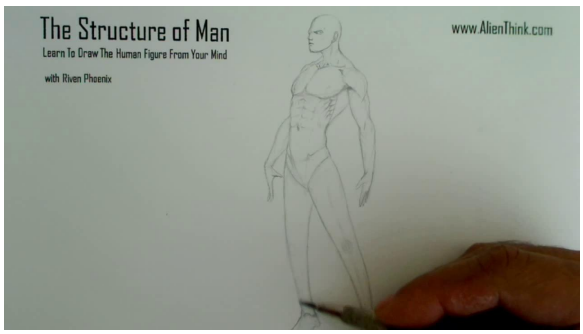
141		depending on what kind of, which way it's going to be facing really, so here I actually will
142		just do it this way, so it's going to be kind of like facing the same way that he usually does,
143		then understand that this is where the the fibula is, right, then over here is the fibula is
144		going to be worn the other side, so we know about this angle over here, right, so here we can just

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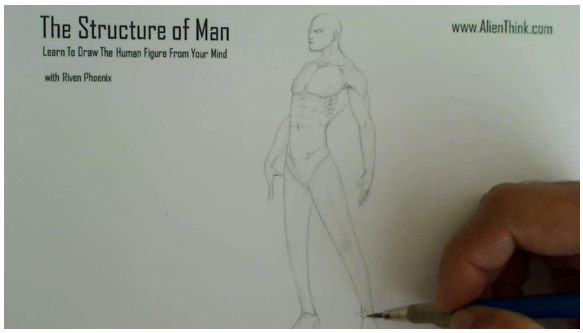
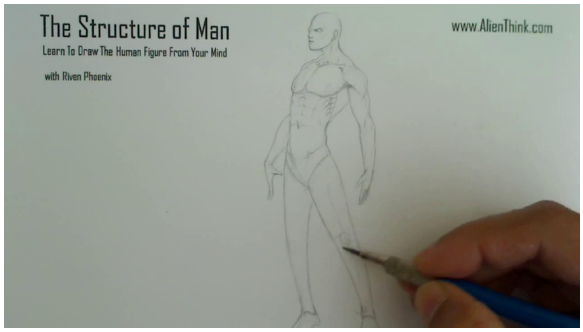
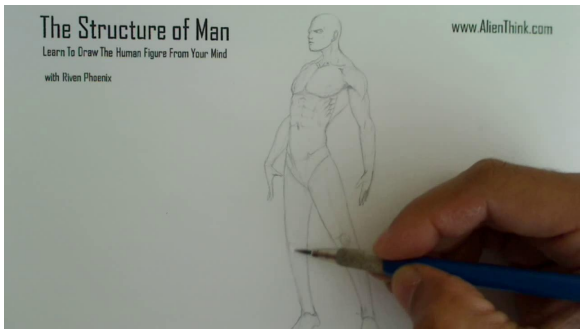
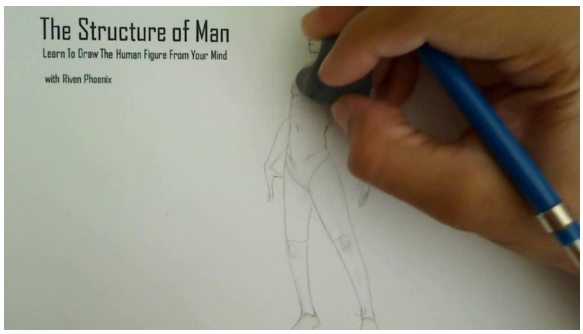
145		look at this and say that okay, well the knee is just going to be here in this area about,
146		right, because it's using the same proportion system, really haven't changed anything,
147		this is the knee I just wanted to be this way a little bit, right, so here I'm just going to
148		add a few more details here, just to make it a little more better looking,

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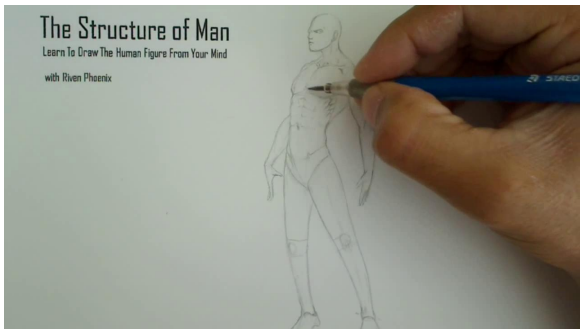
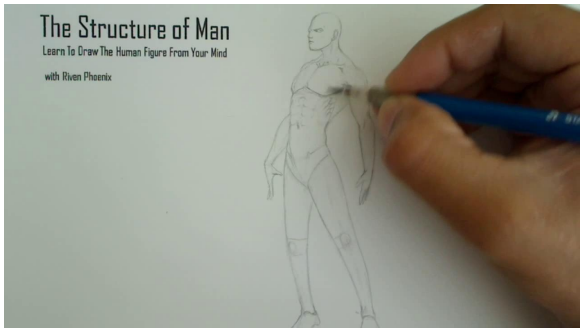
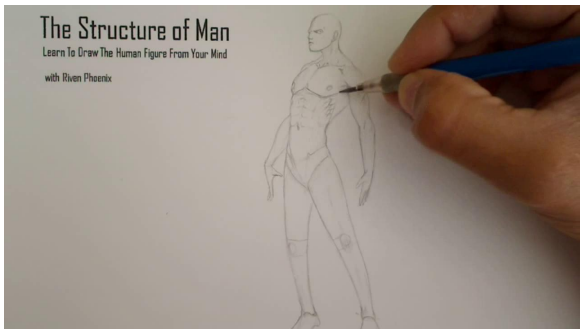
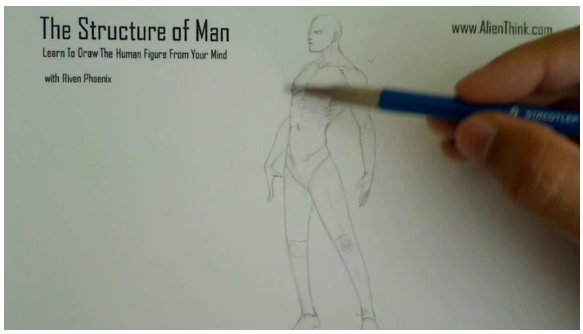
149		right, I want to put this chest on more of an angle like this,
150		all right, just going to say that that's where the knee pulls are going to be over here,
151		okay, so here, here we can say that okay, we can check this off saying that yeah, the mind
152		has now understood really the upper part of the human body, right, so what we can do now is

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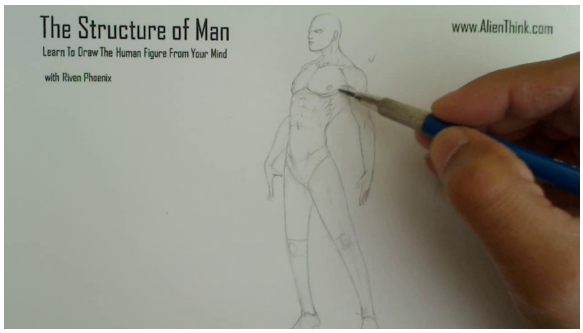
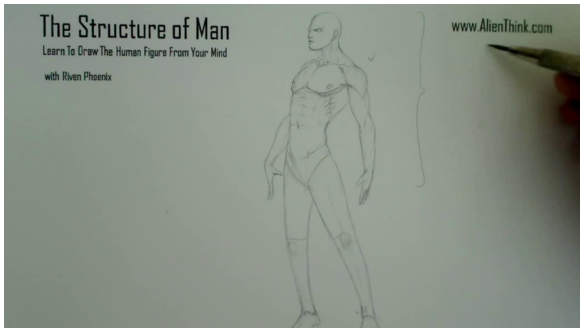
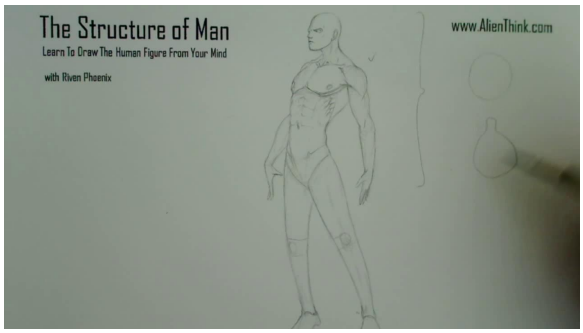
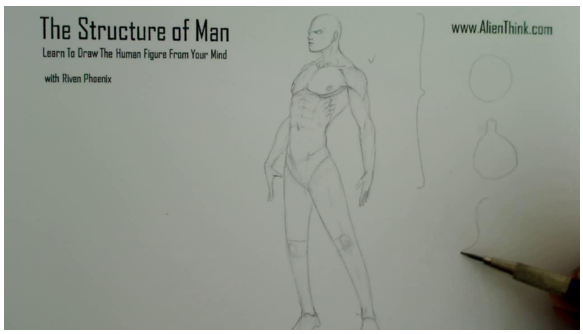
153		start to work on the hand in here, it's just going to do the same thing, right, so if we check our
154		blog, we know that right, it's just going to go around over here and it's going to be growing this
155		head, but now when we do it, we really can now begin to see that right, we're going to get this
156		over here, I'm going to get this, I'm going to get the shoulder the tricep a little bit over

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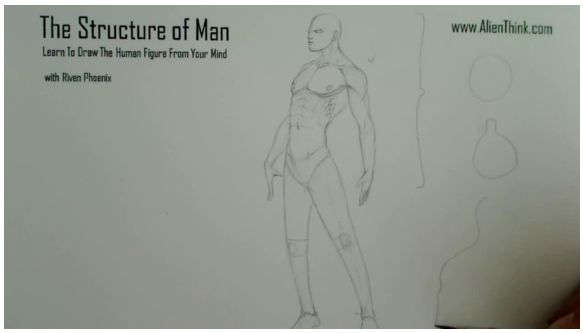
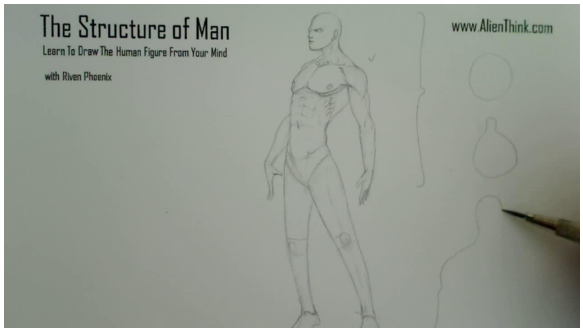
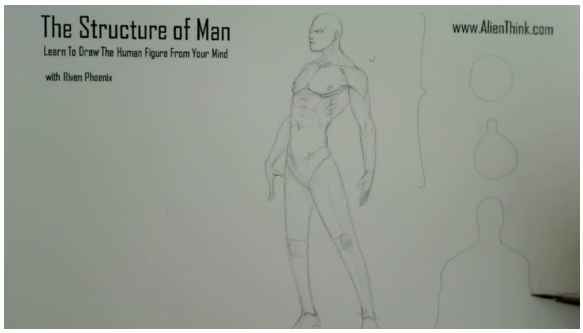
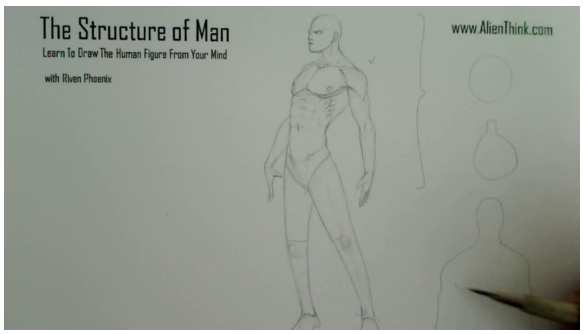
157		here, then I'm going to get the forearm down there, right, and over here, I'm going to get the same
158		thing, I'm just going to get this the neck, I'm gonna get this and I'm gonna get the shoulder,
159		the tricep and then I'm going to get the forearm, right, so from here you can automatically see that
160		that the blob will now start to just take shape

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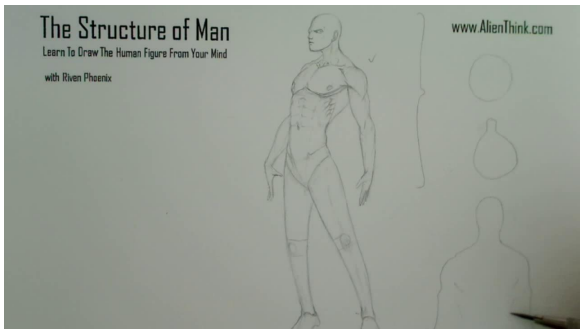
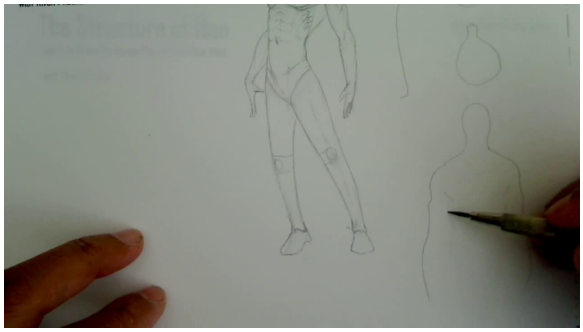
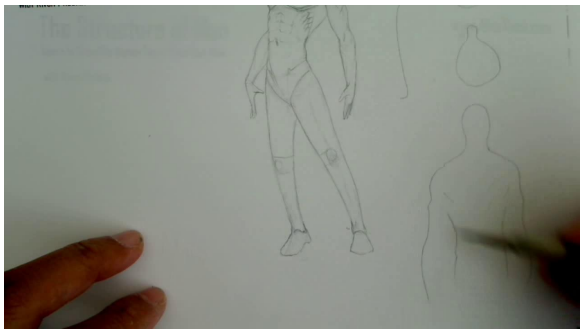
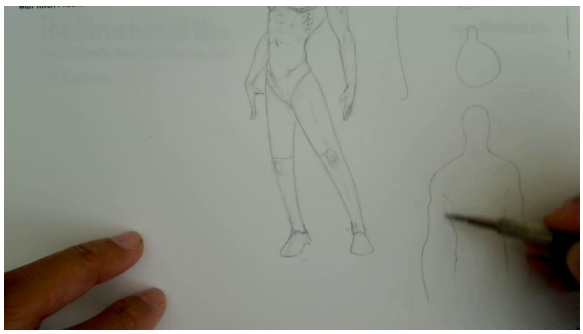
161		in the way it's supposed to over here, right?
162		So we can just begin to now understand where we are
163		in this whole idea, right?
164		So you know that right, the bicep is going to be here,

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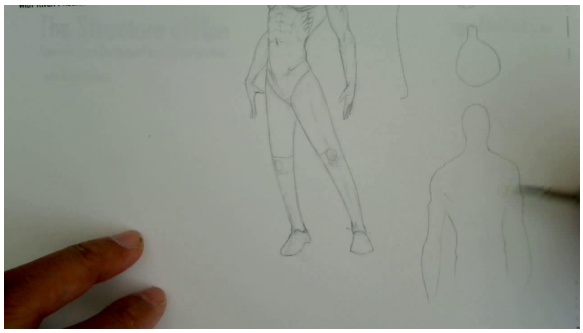
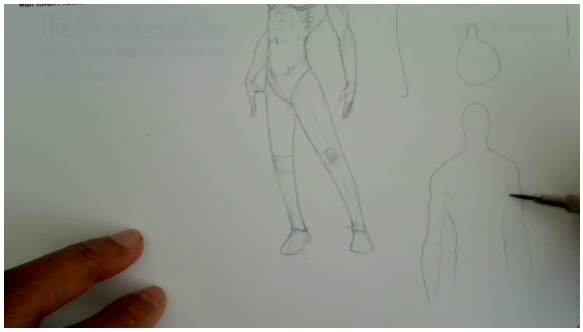
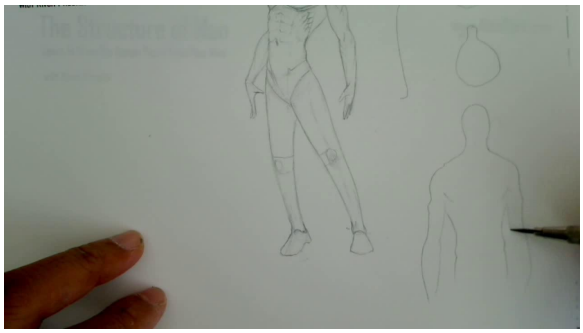
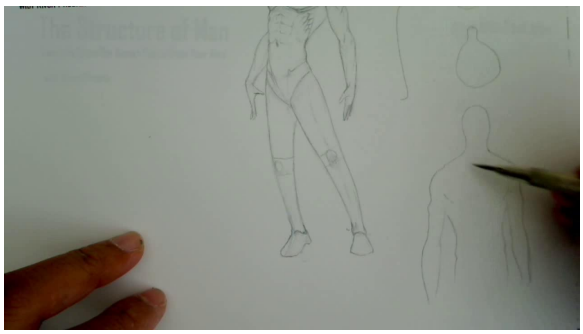
165		and it's just going to be a very simple idea
166		of the blob over here.
167		Right, and then it's the same thing
168		that we've been talking about, right?

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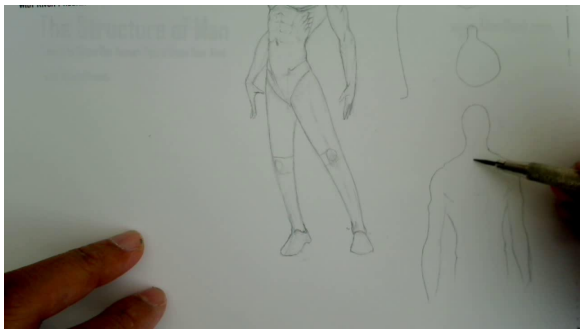
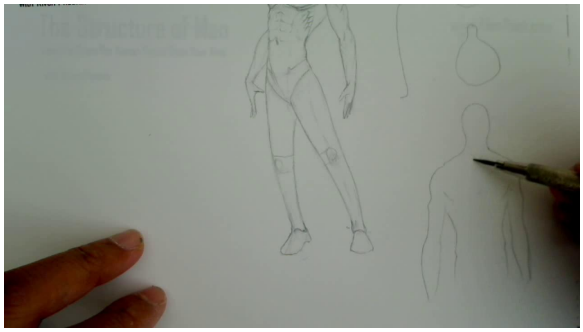
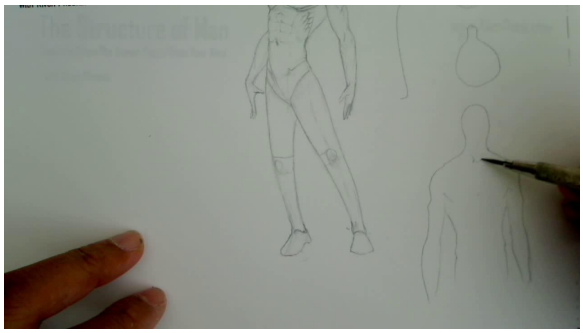
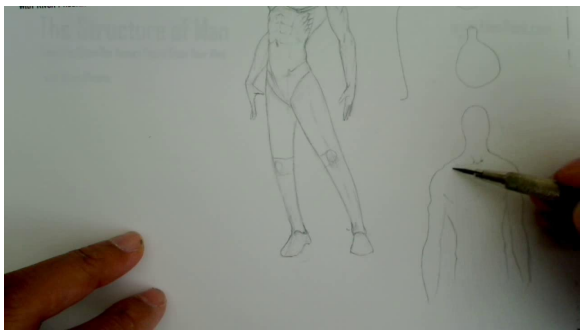
169		So the mind is beginning to grasp the idea of the blob
170		in this one concept now.
171		So here we can just put some marks here
172		for the surface anatomy to bring this out a little more.

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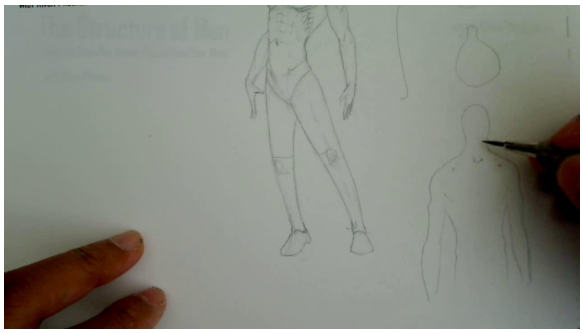
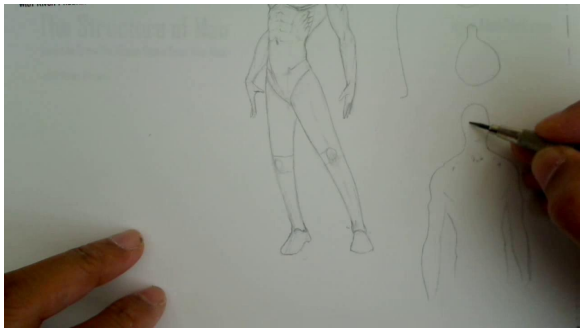
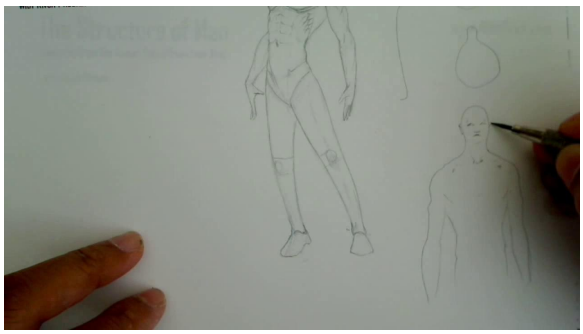
173		Right, it's the same thing that we've been doing
174		over and over.
175		Right, and then here I'm just going to add the year.
176		Let's show you that the blob is now becoming much more complicated, right?

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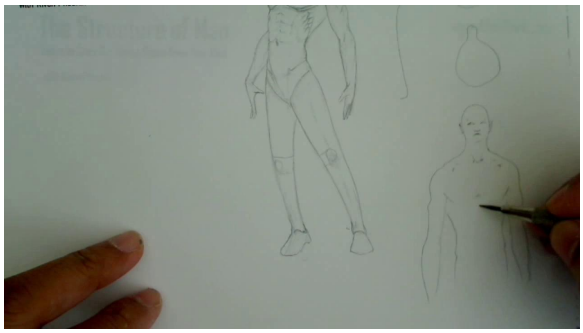
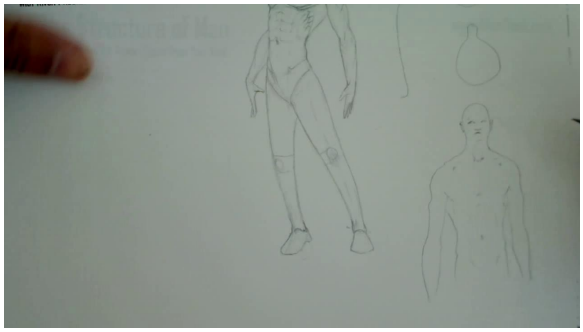
177		It's beginning to understand the whole concept over here, right?
178		Okay, so I'll see you can be next lesson.

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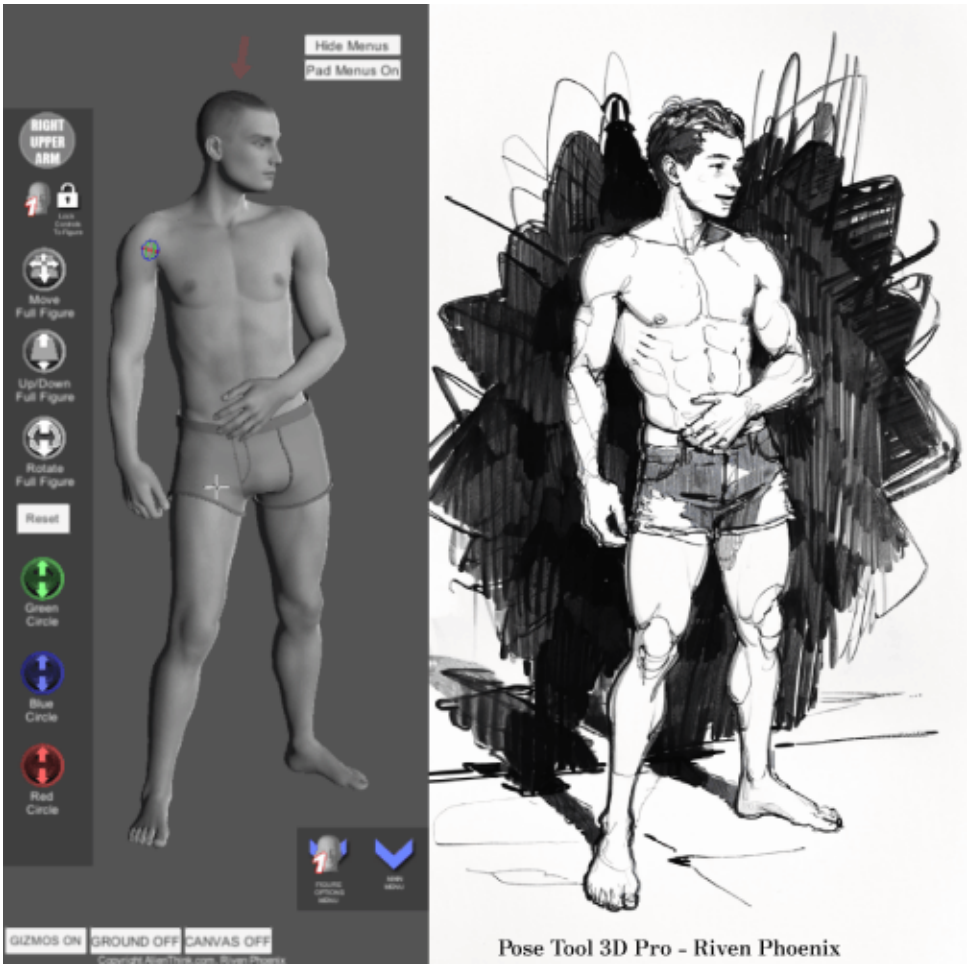

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